

# CAPITAL GYMNASTICS TEAM TENTATIVE SCHEDULE 2019-20 revised 2/27/2020

LEVEL	HRS.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOYS OPT A	21	4:00-7:30	4:00-7:30	4:00-7:30	4:00-7:30	4:00-7:30	9:00-12:30	
BOYS OPT B	16.25	6:30-9:15	6:45-9:15	6:30-9:15	6:30-9:15	6:45-9:15	12:00-3:00	
BOYS OPT 5/6	16.25	6:30-9:15		6:15-9:15	4:15-7:15	6:30-9:30	12:00-4:30	
BOYS L5	16.25	4:15-7:00	4:15-6:45	4:15-6:15	4:15-7:00	4:15-6:30	8:00-12:00	
BOYS L4A	10.75	4:15-6:30		4:15-6:30		4:15-6:30	8:00-12:00	
BOYS L4B	10.75	4:15-6:30			4:15-6:30	4:15-6:30	12:30-4:30	
BOYS PRETEAM A	7		4:15-6:45	6:30-9:00		6:30-8:30		
BOYS PRETEAM B	4.5		5:30-8:00				8:00-10:00	
BOYS PRETEAM C	7		7:00-9:15		7:00-9:15		3:00-5:30	
<b>GIRLS</b>								
GIRLS OPT A	30.5	2:30-7:00	7:45-9:45/2:30-6:30	2:00-6:30	7:45-9:45/2:45-7:00	/2:30-7:15	10:00-2:30	
GIRLS OPT B	22	3:30-7:30	3:30-8:00		3:30-8:00	3:30-8:00	11:00-3:30	
GIRLS OPT C	22	4:30-9:00	5:00-9:00	4:30-9:00		4:30-9:00	11:00-3:30	
GIRLS OPT D	21	5:00-9:00		4:30-9:00	5:30-9:00	4:30-9:00	11:00-3:30	
GIRLS OPT E	17.75		4:45-9:00	4:30-9:00	4:30-9:00		8:30-1:00	
<b>HOMESCHOOL</b>								
GIRLS HOMESCHOOL A	22	1:30-6:00	1:00-5:30	1:45-6:15	1:00-5:00	1:00-5:30		
GIRLS HOMESCHOOL B	22	12:00-4:30	12:00-4:30	12:00-4:30	1:00-5:00	12:00-4:30		
GIRLS HOMESCHOOL C	17.5	12:00-4:30	12:00-4:30	12:00-4:00		12:00-4:30		
<b>COMP</b>								
GIRLS COMP A	16		5:00-9:00	5:00-9:00		5:00-9:00	12:30-4:30	
GIRLS COMP B	15		5:00-9:00		5:00-9:00	5:00-8:00	8:00-12:00	
GIRLS COMP C	12	6:00-9:00		5:00-8:00	5:00-8:00		8:00-11:00	
GIRLS PRETEAM A	6		6:00-8:00		5:00-7:00		2:30-4:30	
GIRLS PRETEAM B	6	5:30-7:30		5:30-7:30			12:30-2:30	
<b>PWTB</b>								
PWTB A	12	2:00-5:00	2:00-5:00	2:00-5:00	2:00-5:00			
PWTB B	8	7:00-9:00		5:00-7:00	7:00-9:00		11:00-1:00	
PWTB C	6		5:00-7:00			5:00-7:00	9:00-11:00	
PWTB PRE	4			5:00-7:00		5:00-7:00		
Trampoline PreTeam 8&up	2		7:00-9:00					
Trampoline PreTeam 5-7	1						8:00-9:00	
<b>XCEL</b>								
XCEL A / Diamond	7	7:30-9:30		7:30-9:30				12:00-3:00
XCEL B / Platinum 1	7	7:30-9:30				7:00-9:00		10:00-1:00
XCEL XTRA	2/2		7:30-9:30		7:00-9:00			
XCEL C / Platinum 2	7			7:30-9:30		7:00-9:30		1:30-4:00
XCEL D / Gold 1	6	7:30-9:30				7:30-9:30		4:00-6:00
XCEL E / Silver 1	6	5:30-7:30		6:30-8:30				3:00-5:00
XCEL F / Gold 2	4.5		7:00-9:30			5:30-7:30		
XCEL G / Silver 2	4				7:00-9:00			10:00-12:00
XCEL PRETEAM	2				5:00-7:00			