



Friday, February 28th, 2025
GYM A

Friday, February 28th, 2025
GYM B

Session 1B: Xcel Platinum

Open Stretch/Bar Sets	8:00 am
Introduction	8:20 am
Competition Complete	11:35 am

Session 2B: Level 6 & Level 7

Open Stretch/Bar Sets	12:35 pm
Introduction	12:55 pm
Competition Complete	4:35 pm

Session 3B: Level 6

Open Stretch/Bar Sets	5:30 pm
Introduction	5:50 pm
Competition Complete	9:30 pm

Saturday, March 1st, 2025

GYM A

Session 4A: Xcel Silver

Open Stretch/Bar Sets	8:30 am
Introduction	8:50 am
Competition Complete	11:30 am

Session 5A: Xcel Silver

Open Stretch/Bar Sets	12:30 pm
Introduction	12:50 pm
Competition Complete	3:30 pm

Session 6A: Level 2

Open Stretch/Bar Sets	4:30 pm
Introduction	4:50 pm
Competition Complete	7:20 pm

Saturday, March 1st, 2025

GYM B

Session 4B: Level 7 & Xcel Diamond

Open Stretch/Bar Sets	8:00 am
Introduction	8:30 am
Competition Complete	12:30 pm

Session 5B: Level 8

Open Stretch/Bar Sets	1:15 pm
Introduction	1:45 pm
Competition Complete	5:10 pm

Session 6B: Level 9 & Level 10

Open Stretch/Bar Sets	6:00 pm
Introduction	6:30 pm
Competition Complete	10:00 pm

Sunday, March 2nd, 2025

GYM A

Session 7A: Xcel Bronze

Open Stretch/Bar Sets	9:15 am
Introduction	9:35 am
Competition Complete	12:00 pm

Session 8A: Xcel Bronze

Open Stretch/Bar Sets	1:00 pm
Introduction	1:20 pm
Competition Complete	3:35 pm

Session 9A: Level 3

Open Stretch/Bar Sets	4:35 pm
Introduction	4:55 pm
Competition Complete	7:05 pm

Sunday, March 2nd, 2025

GYM B

Session 7B: Level 4 & Level 5

Open Stretch/Bar Sets	8:00 am
Introduction	8:20 am
Competition Complete	11:50 am

Session 8B: Xcel Gold

Open Stretch/Bar Sets	12:50 pm
Introduction	1:20 pm
Competition Complete	4:15 pm

Session 9B: Xcel Gold

Open Stretch/Bar Sets	5:15 pm
Introduction	5:35 pm
Competition Complete	8:30 pm