



Friday, February 27th, 2026
GYM A

Session 2A: Level 4 & Level 5

Open Stretch/Bar Sets	11:30 am
Introduction	11:50 am
Competition Complete	3:30 pm

Session 3A: Level 2

Open Stretch/Bar Sets	4:30 pm
Introduction	4:45 pm
Competition Complete	7:30 pm

Saturday, February 28th, 2026

GYM A

Session 4A: Xcel Silver

Open Stretch/Bar Sets	10:00 am
Introduction	10:20 am
Competition Complete	12:35 pm

Session 5A: Xcel Silver

Open Stretch/Bar Sets	1:30 pm
Introduction	1:50 pm
Competition Complete	4:05 pm

Session 6A: Xcel Silver

Open Stretch/Bar Sets	5:00 pm
Introduction	5:20 pm
Competition Complete	7:35 pm

Sunday, March 1st, 2026

GYM A

Session 7A: Xcel Bronze

Open Stretch/Bar Sets	8:30 am
Introduction	8:45 am
Competition Complete	10:40 am

Session 8A: Xcel Bronze

Open Stretch/Bar Sets	11:30 am
Introduction	11:45 am
Competition Complete	1:45 pm

Session 9A: Level 3

Open Stretch/Bar Sets	2:45 pm
Introduction	3:00 pm
Competition Complete	5:50 pm

Friday, February 27th, 2026
GYM B

Session 1B: Level 6

Open Stretch/Bar Sets	8:00 am
Introduction	8:20 am
Competition Complete	11:30 am

Session 2B: Xcel Platinum

Open Stretch/Bar Sets	12:30 pm
Introduction	1:00 pm
Competition Complete	4:30 pm

Session 3B: Xcel Platinum & Diamond

Open Stretch/Bar Sets	5:30 pm
Introduction	6:00 pm
Competition Complete	9:10 pm

Saturday, February 28th, 2026

GYM B

Session 4B: Level 7

Open Stretch/Bar Sets	8:00 am
Introduction	8:30 am
Competition Complete	11:10 am

Session 5B: Level 8 & Sapphire

Open Stretch/Bar Sets	12:00pm
Introduction	12:30pm
Competition Complete	3:00pm

Session 6B: Level 9 & Level 10

Open Stretch/Bar Sets	3:30 pm
Introduction	4:00 pm
Competition Complete	7:00 pm

Sunday, March 1st, 2026

GYM B

Session 7B: Xcel Gold

Open Stretch/Bar Sets	8:00 am
Introduction	8:20 am
Competition Complete	11:45 am

Session 8B: Xcel Gold

Open Stretch/Bar Sets	12:45 pm
Introduction	1:05 pm
Competition Complete	4:30 pm

Session 9B: Xcel Gold & Level 4

Open Stretch/Bar Sets	5:30 pm
Introduction	5:50 pm
Competition Complete	8:45 pm