



Friday, February 27th, 2026
GYM A

Session 3A: Level 2
Open Stretch/Bar Sets 4:30 pm
Introduction 4:50 pm
Competition Complete 7:35 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 9:15 am
Introduction 9:35 am
Competition Complete 11:30 am

Session 8A: Xcel Bronze
Open Stretch/Bar Sets 12:30 pm
Introduction 12:50 pm
Competition Complete 2:45 pm

Session 9A: Level 3
Open Stretch/Bar Sets 3:45 pm
Introduction 4:05 pm
Competition Complete 6:05 pm

Friday, February 27th, 2026
GYM B

Session 1B: Xcel Platinum
Open Stretch/Bar Sets 8:00 am
Introduction 8:20 am
Competition Complete 12:10 pm

Session 2B: Level 6
Open Stretch/Bar Sets 1:00 pm
Introduction 1:30 pm
Competition Complete 5:00 pm

Session 3B: Level 4 & Level 5
Open Stretch/Bar Sets 5:45 pm
Introduction 6:05 pm
Competition Complete 9:50 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 & Diamond
Open Stretch/Bar Sets 11:30 am
Introduction 12:00 pm
Competition Complete 3:15 pm

Session 6B: Level 9, Level 10 & Sapphire
Open Stretch/Bar Sets 4:15 pm
Introduction 4:45 pm
Competition Complete 8:00 pm

Sunday, March 1st, 2026
GYM B

Session 7B: Xcel Gold
Open Stretch/Bar Sets 8:00 am
Introduction 8:20 am
Competition Complete 11:10 am

Session 8B: Xcel Gold
Open Stretch/Bar Sets 12:10 pm
Introduction 12:30 pm
Competition Complete 3:15 pm

Session 9B: Xcel Gold
Open Stretch/Bar Sets 4:15 pm
Introduction 4:35 pm
Competition Complete 7:20 pm