



SATURDAY, JANUARY 18, 2025

GYM A - Women

NGA 1A – 1N/2BN/3N/SN/4N	NGA 2A – GN/5N-10N	USAG 3A – XS/3	USAG 4A – Level XG
O.Stretch 8:00 MI 8:15 Awards 11:15	O.Stretch 11:30 MI 11:50 Awards 2:45	O.Stretch 3:00 MI 3:15 Awards 5:50	O.Stretch 6:10 MI 6:25 Awards 9:30
Aspire AZ Northfield MN Perfect 10 CA PPGA UT Tumble Time CA USA Illusions AZ	Arete UT Northfield MN Perfect 10 CA PPGA UT Rising Star IN Tumble Time CA USA Illusions AZ	Aspire AZ – XS KGC AK - XS MSG-Omaha NE – XS Spokane WA – XS Surprise Angels – XS Team UP WI – XS Xtreme AZ – XS Cruces NM – Level 3 Diamondbacks AZ – Level 3 Surprise Angels AZ – Level 3 Xtreme AZ – Level 3	Aspire AZ Flames AZ 13 KGC AK MSG-Omaha NE Old Pueblo AZ Spokane WA Surprise Angels AZ Team Up WI USA Illusions AZ Xtreme AZ

GYM B – TNT

TNT: Session 1	TNT: Session 2	TNT: Session 3	TNT: Session 4
9:00am – 11:30am	12:00pm – 2:30pm	3:00pm – 5:30pm	6:00pm-8:30pm
All Levels Ages 10 & Under + Ages 11-12 Male	All Levels Ages 11-12 Female	13-14 All Levels	15+ All Levels



SUNDAY, JANUARY 19, 2025

GYM A - Women

Session 5A – Levels XB/2/HUGS	Session 6A – Level 4/5/6/7	Session 7A – Level XP	Session 8A – Levels 8/XD/9/10
O.Stretch 8:00, MI 8:15, Awards 10:15	O.Stretch 10:35, MI 10:55, Awards 2:00	O.Stretch 2:20, MI 2:40, Awards 5:20	O.Stretch 5:40, MI 6:00, Awards 8:50
Aspire AZ – HUGS and XB DK Gymnastics AZ Flames AZ KGC AK Old Pueblo AZ Spokane WA Diamondbacks AZ – Level 2 Spokane WA - Level 2	AZ Olympians Cruces NM Desert Devils AZ Diamondbacks AZ Flagstaff AZ Impact AZ Influence AZ PGA AZ Surprise Angels AZ Synergy AZ USA Illusions AZ Xtreme AZ	All Starz AZ Biltmore AZ Flames AZ MSG-Omaha NE Old Pueblo AZ Spokane WA Surprise Angels AZ Synergy AZ Team Up WI USA Illusions AZ Xtreme AZ	All Starz AZ AZ Olympians Flagstaff AZ Impact AZ Old Pueblo AZ PGA AZ Synergy AZ Team UP WI USA Illusions AZ

GYM B – Men

USAG Session 1B – Levels 3/4	USAG Session 2B – Levels 5/6	USAG Session 3B – Levels 7/8/9/10
8:00am Open Stretch, Awards 11:30am	12:00pm Open Stretch, Awards 3:00pm	3:30pm Open Stretch, Awards 7:45pm
Aspire AZ AZ Olympians Biltmore AZ Cruces NM GWC AZ HUGS IL Old Pueblo AZ Rising Sky AZ SWGTC AZ Synergy AZ Xtreme AZ	Aspire AZ Flagstaff AZ GWC AZ HUGS IL Old Pueblo AZ Rising Sky AZ SWGTC AZ Synergy AZ USA Flairs AZ Xtreme AZ	Cruces NM GWC AZ Old Pueblo AZ Rising Sky AZ Spokane WA USA Flairs AZ Xtreme AZ



MONDAY, JANUARY 20, 2025

GYM A - Women

Session 9A – Levels XS	Session 10A – Level XG	Session 11A – Level XB	Session 12A – Level XS
O.Stretch 8:00, MI 8:15, Awards 10:25	O.Stretch 10:45, MI 11:00, Awards 2:05	O.Stretch 2:25, MI 2:40, Awards 4:40	O.Stretch 5:00, MI 5:15, Awards 7:30
All Starz AZ Desert Devils AZ DK Gymnastics AZ Flagstaff AZ Flames AZ Rising Sky AZ	All Starz AZ AZ Olympians Desert Devils AZ DK Gymnastics AZ Flagstaff AZ Flames AZ PGA AZ Rising Sky AZ Synergy AZ	All Starz AZ AZ Olympians Flagstaff AZ PGA AZ Rising Sky AZ Synergy AZ USA Illusions AZ	AZ Olympians Old Pueblo AZ PGA AZ Synergy AZ USA Illusions AZ

GYM B – Men

NGA Session 4B – Levels 2N-4N	NGA Session 5B – Levels 5N-10N
8:00am Open Stretch, Awards 10:45am	11:00am Open Stretch, Awards 1:30pm
Elite UT Perfect 10 CA Tumble Time CA USA Flairs AZ	Arete UT Delta Flyers UT Elite UT Perfect 10 CA Tumble Time CA USA Flairs AZ