



Level	Warm up gym open	Competition gym open	Warm up time on a competition carpet	Competitions	Awards
Level 9	8.00am	8.00am	8.00am-9.55am	10.00am-11.35am	11.50am-12.05pm
Xcel	10.30am	11.30am	11.40am-11.55am	12.00pm-12.35pm	12.50pm-1.05pm
Level 5,6	11.30am	12.30pm	12.40pm-12.55pm	1.00pm-2.00pm	2.15pm-2.30pm
Level 3,4	1.00pm	2.00pm	2.05pm-2.25pm	2.30pm-2.50pm	3.05pm-3.20pm
Beginners Class	2.30pm	2.50pm	2.50pm-2.55pm	3.20pm-3.30pm	
Level 7,8	2.00pm	2.45pm	2.55pm-3.20pm	3.30pm-5.10pm	5.25pm-5.40pm