

NC-AAU Regional Training Camp

Saturday, May 4th

Central Carolina Gymnastics-Salisbury Location
625 Corporate Circle
Salisbury, NC 27284
980-330-3032

Session 1

Xcel Bronze and Silver

8:30 Open Stretch
8:50-9:30 Station 1
9:30-10:10 Station 2
10:10-10:25 Snack Break
10:25-11:05 Station 3
11:05-11:45 Station 4

Session 2

Xcel Gold, Platinum and Diamond

12:15 Open Stretch
12:30-1:10 Station 1
1:10-1:50 Station 2
1:50-2:05 Snack Break
2:05-2:45 Station 3
2:45-3:25 Station 4