



EMPOWERING DETERMINED GIRLS EVERYWHERE

OCTOBER 24 & 25 • 2015

Perfect Balance Training Center
8850 Monroe Road, Charlotte, NC 28212
980-299-8445
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SATURDAY, OCT. 23RD

SESSION 1 – LEVEL 2

9:00AM – 9:30AM	OPEN STRETCH
9:30AM-9:45AM	TIMED WARM UPS
9:45AM – 12:00PM	COMPETITION
12:00PM	AWARDS

SESSION 2 – LEVEL 3 & XCEL BRONZE

1:00PM – 1:30PM	OPEN STRETCH
1:30PM – 1:45PM	TIMED WARM UPS
1:45PM – 3:30PM	COMPETITION
3:30PM	AWARDS

SESSION 3 – LEVEL 5, XCEL SILVER, XCEL GOLD

4:30PM – 5:00PM	OPEN STRETCH
5:00PM – 5:15PM	TIMED WARM UPS
5:15PM – 7:30PM	COMPETITION
7:30PM	AWARDS

SUNDAY, OCT. 24TH

SESSION 4 – LEVEL 4

9:00AM – 9:30AM	OPEN STRETCH
9:30AM – 9:45AM	TIMED WARM UPS
9:45AM – 12:30PM	COMPETITION
12:30PM	AWARDS