



HOSTED BY TEXAS NAWGJ

SCHEDULE

Powerhouse TNT Gymnastics
 7707 W 1604 N
 San Antonio, TX 78245

Saturday, October 1

Session 1 – L5 Modified Capital (21)

Open Stretch	9:00 am
March In	9:20 am
Competition	9:30 am

Session 2 – L4 Continuous Capital (63)

Open Stretch	12 :30 pm
March In	12 :50 pm
Competition	1 :00 pm

Session 3 – L3 Continuous Capital (85)

Open Stretch	4 :40 pm
March In	5 :00 pm
Competition	5 :10 pm

Sunday, October 2

Session 4 – L2 & L1 (Crossfire, Extreme, Palm Valley, TAG, PH L1)

Open Stretch	9:00 am
March In	9:20 am
Competition	9:30 am

Session 5 – L2 & L1 (Flipnastics, Love L1&2, Platinum, TX Tumblers, PH L2)

Open Stretch	12:00 pm
March In	12:20 pm
Competition	12:30 pm