

X-TREME TEAM PRACTICE SCHEDULE - Starting November 1, 2026

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A	4:00-8:00 PM		4:00-8:00 PM	4:00-8:00 PM		9:00 AM-1:00
B	4:00-8:00 PM	4:00-8:00 PM		4:00-8:00 PM		9:00 AM-1:00
C		4:00-8:00 PM	4:00-8:00 PM	4:00-8:00 PM		9:00 AM-1:00
D	4:00-8:00 PM	4:00-8:00 PM		4:00-8:00 PM		9:00 AM-1:00
	4:00-8:00 PM	4:00-8:00 PM		4:00-8:00 PM		
E	4:00-8:00 PM		4:00-8:00 PM		4:00-6:30 PM	9:00 AM-1:00
F		4:00-8:00 PM		4:00-8:00 PM	4:00-6:30 PM	
G	4:00-6:30 PM		4:00-6:30 PM			9:00-11:30 AM

GROUP REMINDER: Practice groups determine your practice **SCHEDULE (not your level)**. Groups are based on your CURRENT skill level and progressions. **Groups are SUBJECT TO CHANGE AT ANY TIME.** Team families should be prepared for any possible group and/or schedule change.

TUITION REMINDER: Tuition payments are due on or before the 24th of each month, always paying ahead for the following month. A \$20 late fee applies to all tuition payments turned in the 25th or after. Team is a year-round commitment where tuition is calculated on an annual basis and broken into monthly payments for your convenience; therefore, there are no make ups, months off, or prorated tuition for any reason. The hourly rates of our Team program are deeply discounted in comparison to that of our recreational programs as we have already taken into account that each team gymnast will miss a number of practices annually for various reasons (including but not limited to conflicts, vacations, gym closures, holidays, minor injuries, illness, and competitions).