JOCK JAN FRIDAY SCH EDULE



XCEL GOLD, LEVELS 4 & 5

Warm Up

Compete

All Levels 4 & 5

8:00AM

8:30AM

Gold Teams: AcroTex, BGC Relentless, SGA, Star Center

XCEL GOLD

Warm Up

Compete

AGHG, Crossfire, NWK Sports, Texas Star, uFlip, WCC SESSION 2

11:15AM

11:45AM



XCEL GOLD

Warm Up

Compete

2:30PM

3:00PM

AAGI, Acrotex Cedar Park, Powerhouse, Southern

XCEL PLATINUM, DIAMOND, SAPHIRE

Warm Up

Compete

ALL GYMS

5:00PM

5:30PM





HOSTED BY:

AMERICAN ALL-STAR GYM

JOCK JANZ MARCH9 SCHEDUL SATURDAY



HUGS, LEVELS 6 & 7

Warm Up

Compete

8:00AM 8:30AM

ALL GYMS

XCEL BRONZE

Warm Up

10:45AM

Compete

11:15AM

AAGI, Acrotex Cedar Park AGHG, SAGA, Texas Star, SGA SESSION 6



XCEL SILVER

Warm up

Compete

NWK Sports, SGA, WCC, AGHG

1:55PM

2:25PM

XCEL SILVER

Warm up

4:40PM

Compete

5:10PM

AcroTex Gym, Fearless Gym, Relentless, Southern, Star Center





HOSTED BY:

AMERICAN ALL-STAR GYM

JOCK JAN SUNDAY SUNDAY SCHIOLOGICAL SUNDAY



XCEL SILVER

Warm up

Compete

8:00AM

8:30AM

Acrotex Cedar Park, AGC Crossfire, United

XCELSILVER & LEVEL 3

Warm up

11:00AM

Compete

11:30AM

Level 3- All Teams Silver Teams- BGC, Texas Star, uFlip Gym, AAGI SESSION 10



XCEL BRONZE

Warm up

Compete

1:30PM

2:00PM

NWK Sports, Southern Star Center, United

XCEL BRONZE, LEVELS 1 & 2

Warm up

4:00PM

Compete

4:30PM

Level 1 & 2 - All Gyms

Bronze Teams- AGC, Crossfire

Fearless Gym, Relentless, AGHG

SESSION 12



HOSTED BY:

AMERICAN ALL-STAR GYM