



**Invitational Rhythmic Levels 3-8  
& Level 9-10 Exhibition Hosted by  
Bala Gymnastics  
February 10th-12th, 2023**

<b>FRIDAY, February 10th</b>	<b>LEVEL 4 AA, LEVEL 5 AA, LEVEL 9 Exhibition AA</b>	<b>GYM - TBD</b>
09:00am - 09:45am	L4 - session 1	
09:50am - 10:35am	L4 - session 2	
10:40am - 11:25am	L4 - session 3	
11:40am - 12:25pm	L4 - session 4	
12:30pm - 01:15pm	L4 - session 5	
01:15pm - 01:45pm	Lunch break 30 min	
01:45pm - 03:30pm	L5 - session 1	
03:40pm - 05:00pm	L5 - session 2	
05:10pm - 06:30pm	L5 - session 3	
06:30pm - 07:00pm	Dinner break 30 min	
07:00pm - 08:30pm	L9 - Jr, Sr	

<b>SATURDAY, February 11th</b>	<b>LEVEL 6 AA, LEVEL 7 AA, LEVEL 8 AA</b>	<b>GYM - TBD</b>
08:30am - 10:00am	L6 - session 1	
10:10am - 11:40am	L6 - session 2	
11:50am - 01:20pm	L7 - session 1	
01:20pm - 01:50pm	Lunch Break 30 min	
01:50pm - 03:20pm	L7 - session 2	
03:30pm - 05:00pm	L7 - session 3	

<b>SATURDAY, February 11th</b>	<b>LEVEL 6 AA, LEVEL 7 AA, LEVEL 8 AA</b>	<b>GYM - TBD</b>
<b>05:00pm - 06:30pm</b>	<b>L8 - session 1</b>	
<b>06:30pm - 07:00pm</b>	<b>Dinner Break 30 min</b>	
<b>07:00pm - 08:30pm</b>	<b>L8 - session 2</b>	

<b>SUNDAY, February 12th</b>	<b>LEVEL 3 AA, XCEL BRONZE, SILVER, GOLD, DIAMOND</b>	<b>GYM - TBD</b>
<b>08:30am - 09:25am</b>	<b>L3 - session 1</b>	
<b>09:30am - 10:25am</b>	<b>L3 - session 2</b>	
<b>10:30am - 11:10pm</b>	<b>Bronze - session 1</b>	
<b>11:15am - 12:05pm</b>	<b>Bronze - session 2</b>	
<b>12:10pm - 01:00pm</b>	<b>Silver - session 1</b>	
<b>01:00pm - 01:30 pm</b>	<b>Lunch break 30 min</b>	
<b>01:30pm - 02:20pm</b>	<b>Silver - session 2</b>	
<b>02:30pm - 03:30pm</b>	<b>Gold - session 1</b>	
<b>03:40pm - 04:40 pm</b>	<b>Gold - session 2</b>	
<b>04:50pm - 06:00pm</b>	<b>Gold/Diamond mixed</b>	
<b>06:10pm - 07:10pm</b>	<b>Diamond</b>	