

Spring Tune Up 2023

Rotation Schedule

Apr 1-2, 2023

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Saturday, April 1, 2023

Session: 1 -- Level 5 & Xcel G P D

Open Stretch 8:30 AM
Introduction 9:00 AM

Timed Warmup 9:10 AM
Awards 11:40 AM

Gymnasts: 69

Flight: A - 34



8

KGI - 8



10

All American Flames - 9
GymTactics - 1



7

KGI - 7



9

Extreme Gym - 9

Flight: B - 35



10

Mills - 6

Troy gymnastics - 4



8

Bloomfield - 1
Mills - 7



8

Troy gymnastics - 8



9

MAG - 9

Saturday, April 1, 2023

Session: 2 -- Xcel Silver/Level 3

Open Stretch 12:30 PM
Introduction 1:00 PM

Timed Warmup 1:10 PM
Awards 3:20 PM

Gymnasts: 73

Flight: A - 37



8

Troy gymnastics - 8



9

American - 9



9

Extreme Gym - 9



11

Mills - 11

Flight: B - 36



8

GymTactics - 8



10

KGI - 10



7

GymTactics - 5
Mills - 2



11

Cheetah kidz - 11

Saturday, April 1, 2023

Session: 3 -- Level 4

Open Stretch 4:00 PM
Introduction 4:30 PM

Timed Warmup 4:40 PM
Awards 7:05 PM

Gymnasts: 76

Flight: A - 36



8

GymTactics - 8



8

Extreme Gym - 1
KGI - 7



10

MAG - 10



10

GymTactics - 4
Mills - 6

Flight: B - 40



10

MAG - 10



10

All American Flames - 10



10

All American Flames - 3
American - 7



10

American - 10

Spring Tune Up 2023

Rotation Schedule

Apr 1-2, 2023

Page: 2
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Sunday, April 2, 2023

Session: 4 -- Level 3

Open Stretch 9:00 AM
Introduction 9:30 AM

Timed Warmup 9:40 AM
Awards 11:20 AM

Gymnasts: 59

Flight: A - 30



7

All American Flames - 7



8

MAG - 8



8

MAG - 8



7

All American Flames - 7

Flight: B - 29



8

KGI - 8



7

MAG - 7



6

All American Flames - 6



8

Extreme Gym - 5

KGI - 3

Sunday, April 2, 2023

Session: 5 -- Fun Meet #1

Open Stretch 12:00 PM
Introduction 12:20 PM

Timed Warmup 12:30 PM
Awards 1:45 PM

Gymnasts: 61

Flight: A - 34



6

Troy gymnastics - 6



9

American - 9



11

American - 11



8

KGI - 8

Flight: B - 27



6

Troy gymnastics - 6



7

KGI - 7



8

CC Flips - 8



6

CC Flips - 6

Sunday, April 2, 2023

Session: 6 -- Fun Meet #2

Open Stretch 2:30 PM
Introduction 2:50 PM

Timed Warmup 3:00 PM
Awards 4:40 PM

Gymnasts: 48



16

MAG - 16



10

Extreme Gym - 10



11

MAG - 11



11

Sports Club WB - 11