



Friday & Saturday, January 10,11, 2025

Friday Session 1	Saturday Session 2	Saturday Session 3	Saturday Session 4
OPEN STRETCH 5:00 pm	OPEN STRETCH 8:00 am	OPEN STRETCH 11:30 am	OPEN STRETCH 4:00 pm
XS	XG	Level 6 & 7	LEVEL8,9 & 10
Elevate Empire iGYM Inversion Mastery of Sports Rohnert Park	Elevate Mastery of Sports Rohnert Park	Davis Diamonds Dream Extreme Elevate Empire Gold Country Miyagi Technique Ultimate Sports	Davis Diamonds Dream Xtreme Elevate Empire Miyagi Technique Ultimate Sports

Sunday, January 12, 2025

Session 5	Session 6	Session 7
OPEN STRETCH 8:00 am	OPEN STRETCH 10:30 am	OPEN STRETCH 2:00 pm
XB	XG	XP & XD
Elevate iGym Inversion Mastery of Sports	Elevate Empire iGym Inversion	Davis Diamonds Elevate Empire Inversion Rohnert Park