

## Gold Gym

**Saturday, January 28, 2023**

### **Session 1 - Silver A**

Clubs: Energy, Flippin Out, Impact, Paradise, Planet, TK Winchester

Warm up - 8:00am // Awards - 10:35am

### **Session 2 - Gold A**

Clubs: Deary's, FVG, Paradise, Spectrum, Sterling, TK Watertown, Walker's

Warm up - 10:15am // Awards - 1:05pm

### **Session 3 - Gold B**

Clubs: Borough, Christis, Energy, Flippin Out, Head over Heels, Impact, Legends

Warm up - 12:45pm // Awards: 3:30pm

### **Session 4 - Gold C**

Clubs: FSG, GBC, Planet, Prestige, SKG, TK Winchester, Wilkey's

Warm up - 3:10pm // Awards: 6:00pm

### **Session 5 - Diamond**

Clubs: All Clubs

Warm up - 5:30pm // Awards - 9:30pm

## Red Gym

**Saturday, January 28, 2023**

### **Session 1 - Level 2**

All clubs

Warm up - 8:00am // Awards - 10:10am

### **Session 2 - Level 3A**

Clubs: Absolute, BTA, Exxcel, Flipflops, FVG, GK, Head over Heels, RGA, Sterling, TAG

Warm up - 9:45am // Awards - 12:10pm

### **Session 3 - Level 6**

All Clubs

Warm up - 11:50pm// Awards - 2:50pm

### **Session 4 - Level 7**

All Clubs

Warm up - 2:30pm// Awards - 5:15pm

### **Session 5 - Level 8 & Sapphire**

All Clubs

Warm up - 4:45pm// Awards - 8:00pm

### **Session 6 - Level 9-10**

All Clubs

Warm up - 8:00pm// Awards - 10:00pm

## Gold Gym

**Sunday, January 29, 2023**

### Session 6 - Silver B

Clubs: Absolute, Exxcel, Legends, Spectrum, TAG, TKB, Wilkey's

Warm up - 8:00am // Awards - 10:30am

### Session 7 - Silver C

Clubs: East Bay, Flipflops, FVG, GBC, MGC Westboro, RGA, SKG, Sterling

Warm up - 10:10am // Awards - 12:45pm

### Session 8 - Silver D

Clubs: Boxborough, Deary's, FSG, GABC, Prestige, TK Watertown, Walker's

Warm up - 12:25pm // Awards - 2:50pm

### Session 9 - Level 3B

Clubs: Deary's, Fliptastics, GBC, Legends, NEAG, Prestige, Spectrum

Warm up - 2:30pm // Awards - 4:50pm

### Session 10 - Gold D

Clubs: Absolute, East Bay, Exxcel, MGC Westboro, RGA, TAG, TKB

Warm up - 4:25pm // Awards - 7:15pm

### Session 11 - Platinum B

Clubs: Absolute, Deary's, East Bay, Energy, Exxcel, Flippin Out, FVG, GABC, Planet, Prestige, Spectrum, TK Winchester

Warm up - 6:45pm // Awards - 9:55pm

## Red Gym

**Sunday, January 29, 2023**

### Session 7 - Level 1

All clubs

Warm up - 8:00am // Awards - 9:15am

### Session 8 - Level 4A

Clubs: Absolute, Flipflops, FVG, GK, Head over Heels, Nashoba, NEAG, Prestige, SKG, TAG

Warm up - 8:55am // Awards - 10:45am

### Session 9 - Level 4B

Clubs: BTA, Deary's, Exxcel, GABC, GBC, Legends, Spectrum, Sterling

Warm up - 10:25am // Awards - 12:15pm

### Session 10 - Level 5

All clubs

Warm up - 11:55am // Awards - 1:20pm

### Session 11 - Bronze A

Clubs: East Bay, Exxcel, GBC, MGC Westboro, RGA, TAG, TKB, Wilkey's

Warm up - 1:00pm // Awards - 3:15pm

### Session 12 - Bronze B

Clubs: Energy, Impact, Planet, Prestige, Sterling, TK Winchester, Walker's

Warm up - 2:55pm // Awards - 5:15pm

### Session 13 - Bronze c

Clubs: Boxborough, Flippin Out, Legends, Paradise, TK Watertown

Warm up - 5:00pm // Awards - 7:15pm

### Session 14 - Platinum A

Clubs: GBC, Impact, Legends, MGC Westboro, Paradise, RGA, Sterling, TK Watertown, Walker's

Warm up - 6:45pm // Awards - 10:00pm