

Schedule for Susan Strong 2019 (updated 12/8/18)

FRIDAY

Friday: 1A: GYM A: Level 4: 8:00am Open Stretch SEGA, Wilkey's, Winthrop, ACE, MEGA, Xtreme, RGA	Friday: 1B: GYM B: Level 5: 8:00am Open Stretch Arnolds, Atlantic, Brestyans, MGC Masstars
Friday: 2A: GYM A: Level 4: 10:15am Open Stretch Absolute, Arnolds, Brestyans, Atlantic,SSGA, Phantom	Friday: 2B: GYM B: Level 5: 10:00am Open Stretch Xtreme, Broderick, GAB Cambridge, RGA, Gym Xpress, Winthrop, SSGA, Cape Cod, Jeans, Metrosouth
Friday 3A: Gym A: Level 4: 12:15pm Open Stretch Nashoba, Metrosouth, GAB Cambridge, Gym Xpress, Jeans, Broderick, Cape Cod, Gym-Ken	Friday 3B: Gym B: Level 8 : 12:15pm Open Stretch ACE, Arnolds, Absolute, Atlantic, Broderick, Gym-Ken, MEGA, RGA, Spectrum, Nashoba, MGC Masstars
Friday: 4A: Gym A: Level 6: 2:15pm Open Stretch SSGA, Nashoba, RGA, Mega,Atlantic, Broderick, Cape Cod, Gym-Ken	Friday: 4B: Gym B: Level 9 and Level 10: 3:00pm Open Stretch Level 9: ACE, Arnolds, Atlantic, Broderick, Cape Cod, MEGA, Nashua, RGA, Spectrum, SSGA, Wilkey's, Nashoba Level 10: Absolute, Atlantic, MEGA, RGA, SEGA, Spectrum, Xtreme, ACE, SSGA
Friday: 5A: Gym A: Level 6 and 7: 4:45pm Open Stretch Level 6: MGC Masstars,ACE,Flipstastics,Wilkey's,Winthrop,Jeans,Nashua Level 7: Wilkey's, Winthrop, Cape Cod, Gym-Ken, SEGA, Jeans, MEGA, Nashoba, MGC Masstars	Friday 5B: Gym B: Diamond : 6:00pm Open Stretch ACE, Arnolds, Atlantic, Broderick, Exxcel, Nashoba, Nashua, RGA, Spectrum, Walkers, WGA, Metrosouth
Friday: 6A: Gym A: Level 7: 7:15pm Open Stretch Arnolds, Absolute, Atlantic, Spectrum, SSGA, Broderick, RGA	

SATURDAY

Saturday: 7A: GYM A: Bronze: 8:00am Open Stretch Nashoba, ACE, Arnolds, Bakers, Broderick (split), GAB Acton (split)	Saturday: 6B: GYM B: Level 1 and Level 2: 8:00am Open Stretch Broderick, Gym Xpress, RGA, SSGA, Walkers, Winthrop
Saturday: 8A: GYM A: Bronze: 10:15am Open Stretch Broderick(split), Winthrop, GAB Acton(split), Metrosouth, RGA	Saturday: 7B: GYM B: Level 3: 9:15am Open Stretch Gym Express, RGA, SSGA, Walkers, Cape Cod, Winthrop, ACE, Metrosouth
Saturday: 9A: GYM A: Bronze: 12:30pm Open Stretch Exxcel, Planet, Walkers, Wilkey's, WGA, Phantom	Saturday: 8B: GYM B: Level 3: 11:00pm Open Stretch Arnold, Absolute, Atlantic, Brestyans, Nashoba, Exxcel, Gym-Ken, Jeans
Saturday: 10A: GYM A: Silver: 2:45pm Open Stretch MEGA, Wilkey's, RGA, Exxcel, Winthrop, Phantom	Saturday: 9B: GYM B: Silver: 12:45pm Open Stretch ACE, Arnolds, Absolute, Bakers, Broderick(split)
Saturday: 11A: GYM A: GOLD: 5:15pm Open Stretch ACE, Arnolds, Absolute, Bakers, Broderick(split), Phantom	Saturday: 10B: GYM B: Silver: 3:00pm Open Stretch Broderick(split), Atlantic, GAB Acton(split), GAB-Cambridge, Nashoba
	Saturday: 11B: GYM B: Silver: 5:15pm Open Stretch GAB Acton(split), Metrosouth, Planet, Walker's, WGA Phantom

SUNDAY

Sunday: 12A: GYM A: Platnum: 8:00am Open Stretch ACE,Arnold,Abssloute,Altantic,Bakers,Broderick,Metrosouth,Spectrum,Phantom	Sunday: 12B: GYM B: GOLD: 8:00am Open Stretch Atlantic, Metrosouth, Planet, RGA, Wilkey's, Winthrop, GAB Cambridge, GAB Acton
Sunday: 13A: GYM A: Platnum: 11:00am Open Stretch EXXCEL, GAB ACTON, GAB-CAMBRIDGE, NASHOBA, PLANET, RGA, WALKER'S, WGA, WINTHROP	Saturday: 13B: GYM B: GOLD: 11:00am Open Stretch Broderick(split), exxcel, MEGA, Nashoba, Walkers, WGA