

# 2025 Twisted Moose Saturday Feb 22nd

## SATURDAY BONFIRE GYM

Session	Level	Teams (*denotes split team)	Stretch	March In	Warm Up
11B	Gold	*Dynamics, Flex, JamHops AR, Kaats, Laketown, *MiniHops, *Northshore, Shooting Stars	8:00am	8:20am	8:30am
12B	Platinum	AmericanGold, Dynamics, Flex, *Flyaways, JamHops, *Kaats, Laketown, NorthShore, Rebels, Shooting Stars	11:30am	11:50am	12:00pm
13B	Diamond	AmericanGold, Flex, Flips, Flyaways, JamHops, Laketown, Legacy, MiniHops, NorthShore, One, Perpetual, Rebels, Spirit, TAGsEP	3:15pm	3:35pm	3:45pm
14B	Gold	*AmericanGold, *Flyaways, Giant, *JamHops, Lakepoint, Legacy, MAG, TCT	6:45pm	7:05pm	7:15pm

## SATURDAY CABIN GYM

Session	Level	Teams (*denotes split team)	Stretch	March In	Warm Up
11C	8 & 9	<b>Level 8</b> - Flips, Flyaways, Giant, GrandRapids, GreatNorthern, Kaats, Laketown, Legacy, MAG, Midwest, Minihops, One, Perpetual, Power&Grace, Spirit <b>Level 9</b> - *Flips	8:00am	8:20am	8:30am
12C	9 & 10	<b>Level 9</b> - Giant, GrandRapids, MAG, Perpetual, Power&Grace <b>Level 10</b> - Flips, Flyaways, Giant, GrandRapids, GreatNorthern, JamHops, K&G, Laketown, *Legacy, Midwest, Minihops, Perpetual, Revolution, RiverCity, Springers	11:30am	11:50am	12:00pm
13C	9	Dynamics, Flyaways, GreatNorthern, *JamHops, JamHopsAR, Kaats, K&G, *Legacy, Midwest, MiniHops, Revolution, Springers	3:15pm	3:35pm	3:45pm
14C	Diamond Sapphire 8	<b>Diamond</b> - *TCT <b>Sapphire</b> - Flex, JamHops, Laketown, MAG, MiniHops, Perpetual, TCT <b>Level 8</b> - JamHops, Revolution, **TCT	6:45pm	7:05pm	7:15pm

# 2025 Twisted Moose Sunday Feb 23rd

## SUNDAY BONFIRE GYM

Session	Level	Teams (*denotes split team)	Stretch	March In	Warm Up
21B	Silver & 3	<b>Silver</b> - *AmericanGold, Giant, Legacy, TAGsEP <b>Level 3</b> - *AmericanGold, Power&Grace	8:00am	8:20am	8:30am
22B	Gold & 4	<b>Gold</b> - *Perpetual, Spirit, *TAGsS <b>Level 4</b> - *AmericanGold, Flips, Power&Grace	11:30am	11:50am	12:00pm
23B	Plat & 5	<b>Platinum</b> - *MiniHops, Revolution, Spirit, TAGsS, **TCT <b>Level 5</b> - AmericanGold, Flips, Power&Grace	3:00pm	3:20pm	3:30pm
24B	Gold	Flips, One, Rebel, *Revolution, TAGsEP, *TCT	6:30pm	6:50pm	7:00pm

## SUNDAY CABIN GYM

Session	Level	Teams (*denotes split team)	Stretch	March In	Warm Up
21C	Bronze & Platinum	<b>Bronze</b> - *AmericanGold, Giant <b>Plat</b> - Flips, JamHopsAR, *Legacy, MAG, One, Perpetual, TAGsEP	8:00am	8:20am	8:30am
22C	7	Classic, Flips, Flyaways, Giant, GrandRapids, GreatNorthern, JamHops, JamHopsAR, Laketown, Midwest, MiniHops, One, Perpetual, Power&Grace	11:30am	11:50am	12:00pm
23C	6	Flyaways, Giant, GreatNorthern, JamHops, JamHopsAR, Kaats, Laketown, *Legacy, MAG, Midwest, MiniHops, One, Perpetual, Power&Grace, Revolution	3:00pm	3:20pm	3:30pm
24C	6 & 7	<b>Level 6</b> - Dynamics, *Flips, Roseville <b>Level 7</b> - Kaats, Legacy, Revolution, *TCT	6:30pm	6:50pm	7:00pm