

# Golden State Session Assignments

| Friday   |  | Sat, January 10, 2026   |  |  |   |  | Sun, January 11, 2026   |  |  |  |  |
|--|--|---|--|--|---|--|---|--|--|--|--|
| Sess ONE<br>3:00p Stretch<br>3:20p M-in  | Sess TWO<br>6:15p Stretch<br>6:35p M-in<br>8:30p Sess 2 Awards   | Sess THREE<br>8:00a Stretch<br>8:20a M-in   | Sess FOUR<br>11:00a Stretch<br>11:20a M-in   | Sess FIVE<br>2:15p Stretch<br>2:35p M-in   | Sess SIX<br>6:15p Stretch<br>6:35p M-in<br>8:45p Sess 6 Awards  | Sess SEVEN<br>8:00a Stretch<br>8:20a M-in  | Sess EIGHT<br>11:00a Stretch<br>11:20a M-in   | Sess NINE<br>2:15p Stretch<br>2:35p M-in   | Sess TEN<br>5:00p Stretch<br>5:20p M-in<br>7:00p Sess 10 Awards  |  |  |
| <b>Lvl 6</b> (A side)<br>Champion<br>Davis Diamonds<br>Dream Xtreme<br>Head Over Heels<br>North Bay<br>Technique | <b>Lvl 7</b> (A side)<br>Champion<br>Davis Diamonds<br>Dream Xtreme<br>Elevate<br>Head Over Heels<br>North Bay<br>Technique  | <b>Lvl 6</b> (A side)<br>Auburn<br>Elevate<br>GymStars<br>The Cave<br>Top Flight              | <b>Lvl 8</b> (A side)<br>Elevate<br>Empire<br>North Bay<br>Technique<br>Top Flight | <b>Lvl 9</b> (A side)<br>Champion<br>Davis Diamonds<br>Elevate<br>North Bay<br>Technique<br>Top Flight | <b>XP</b> (A side)<br>CGA<br>Davis Diamonds<br>Flip 2 It<br>Gymn Unltd<br>Head Over Heels   | <b>XP</b> (A side)<br>Auburn<br>Empire<br>Four Stars<br>Rohnert P (split)<br>San Mateo   | <b>XG</b> (A side)<br>All Star (split)<br>Auburn (split)<br>Four Stars<br>Rohnert Park<br>San Mateo<br>The Cave | <b>XP</b> (A side)<br>All Star<br>Auburn<br>CGA<br>Davis Diamonds<br>Elevate<br>North Bay<br>Technique | <b>XG</b> (A side)<br>Auburn (split)<br>Extreme<br>North Bay<br>Rock Solid<br>Rohnert P (split)<br>Technique | <b>XG</b> (A side)<br>Auburn (split)<br>Extreme<br>North Bay                         |  |
| <b>XB</b> (B side)<br>Byers Citrus H<br>Davis Diamonds<br>Elevate (split)<br>Flip 2 It<br>Tricks                 | <b>XS</b> (B side)<br>Byers Citrus H<br>Davis Diamonds<br>Elevate (split)<br>Flip 2 It (split)<br>Flip 2 It (HUGS)<br>Tricks | <b>XS</b> (B side)<br>CGA<br>Flip 2 It (split)<br>Four Stars<br>Gymn Unltd<br>Head Over Heels | <b>XB</b> (B side)<br>CGA<br>Four Stars<br>Gymn Unltd<br>Head Over Heels<br>Royal  | <b>XD</b> (A side)<br>CGA<br>Champion<br>Davis Diamonds<br>Elevate<br>North Bay<br>Technique           | <b>XD</b> (A side)<br>All Star<br>Auburn<br>CGA<br>Davis Diamonds<br>Davis Dia (+XSA)<br>Flip 2 It<br>Gymn Unltd<br>North Bay<br>Rohnert Park | <b>XS</b> (B side)<br>All Star (split)<br>CGA<br>Davis Diamonds<br>Empire<br>Flip 2 It<br>Gymn Unltd<br>Head Over Heels<br>Royal | <b>XS</b> (B side)<br>All Star (split)<br>Elevate (split)<br>Empire<br>Rohnert Park<br>Royal                    | <b>XB</b> (B side)<br>Extreme<br>iGYM<br>North Bay   | <b>XS</b> (B side)<br>Auburn (split)<br>iGYM<br>San Mateo  | <b>XB</b> (B side)<br>All Star<br>All Star (HUGS)<br>Elevate (split)<br>Rohnert Park |  |
|  |  |   |  | <b>Level 10</b><br>CGA<br>Champion<br>Davis Diamonds<br>Elevate<br>North Bay<br>Technique              |   |  |   |  |  | <b>Lvl 4</b> (A side)<br>Bayshore Elite<br>GymStars                                  |  |
|  |  |   |  |  |   |  |   |  |  | <b>Lvl 3</b> (B side)<br>Bayshore Elite<br>GymStars<br>The Cave                      |  |