

Golden State Session Assignments

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