

NGC SCHEDULE

| | Session | Day/Open Stretch Time |
|----------------------|---------|-----------------------|
| Level 6 | R1 | Friday/8AM |
| Level 7 | G3 | Friday/3:15PM |
| Level 8 | R3 | Friday/2:30PM |
| Level 9 | R7 | Saturday/2:15PM |
| Level 10 | R8 | Saturday/5:30PM |
| Elite/Hopes Optional | G2 | Friday/11:45AM |
| Elite Compulsory | G5 | Saturday/8AM |