

Next Level



Podium 2025

Schedule of Events

FRIDAY

MODIFIED CAPITAL CUP

Session #1

Level 6

CHECK IN/ GENERAL STRETCH	8:00 AM
INTRODUCTIONS	8:20 AM
TIMED WARM UP	8:30 AM
COMPETITION BEGINS	8:44 AM
AWARDS	11:05 AM

Session #2

Level 7

CHECK IN/ GENERAL STRETCH	12:00 PM
INTRODUCTIONS	12:20 PM
TIMED WARM UP	12:30 PM
COMPETITION BEGINS	12:47 PM
AWARDS	3:40 PM