

## 2026 Twisted Moose Friday Jan 30th

FRIDAY BONFIRE GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
11B	XP	8:00am	8:20am	8:30am	Big Lake, Classic Chan, Dynamics, MAGs, NoBranch, TAGsEP, Twin Ports
12B	XG	11:30am	11:50am	12:00pm	*Big Lake, *Classic Chan, Dynamics, MAGs, NoBranch, TAGsEP, Twin Ports
13B	XB/XS	3:00pm	3:20pm	3:30pm	BlackHawk, Legacy, *Power&Grace, *TAGsEP, ThunderBay, Twinports
FRIDAY CABIN GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
11C	DP 7	8:00am	8:20am	8:30am	Bismark, BlackHawk, CountryTwisters, *Fuzion, Gleasons, Gymfinity, KAATs, Laketown, MAGs, MidwestTwisters, Rebels, ROGA, Russell, ThunderBay
12C	DP 6	11:45am	12:05pm	12:15pm	Bismark, BlackHawk, CountryTwisters, *Fuzion, Gymfinity, KAATs, Laketown, MAGs, MidwestTwisters, Russell, ThunderBay
13C	DP 2,3,4,5	3:30pm	3:50pm	4:00pm	*Bismark, Flips, Laketown, MAGs, *MidwestTwisters

## 2026 Twisted Moose Saturday Jan 31st

SATURDAY BONFIRE GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
21B	XG	8:00am	8:20am	8:30am	*ATM, BlackHawk, Flex, NoBoundaries, NorthernTwisters, *Power&Grace, Rebels, ShootingStars, Thunderbay
22B	XP	11:30am	11:50am	12:00pm	ATM, BlackHawk, Calvary, Flex, KAATs, NoBoundaries, NorthCrest, NorthernTwisters, Power&Grace, Rebels, ThunderBay
23B	XD	3:15pm	3:35pm	3:45pm	BlackHawk, GleasonsE, Laketown, NoBoundaries, NorthernTwisters, Power&Grace, Rebels, ShootingStars, Spirit, TAGsEP
24B	XD/Xsap	6:15pm	6:35pm	6:45pm	Farmington, Flex, *Flips, NorthCrest, **TCT
SATURDAY CABIN GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
21C	DP 8	8:00am	8:20am	8:30am	Bismark, BlackHawk, Fuzion, Gleasons, Gymfinity, MAGs, MidwestTwisters, *Revolution, Russell, *TCT, ThunderBay
22C	DP 10	11:30am	11:50am	12:00pm	CountryTwisters, *Flips, *Fuzion, Gymfinity, MidwestTwisters, Revolution, Russell, *TCT, ThunderBay
23C	DP 9	3:15pm	3:35pm	3:45pm	BlackHawk, CountryTwisters, Fuzion, K&G, MAGs, MidwestTwisters, Revolution, Russell, *TCT, ThunderBay
24C	DP 9&10	6:15pm	6:35pm	6:45pm	Calvary(9&10), Flips(9), GrandRapids(9), GreatNorthern(9), *JamHops(9&10), JamHopsAR(9), KidSport(10), NoBoundaries(9&10), NorthCrest(9), TAGsEP(9&10)

## 2026 Twisted Moose Sunday Feb 1st

SUNDAY BONFIRE GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
31B	XG	8:00am	8:20am	8:30am	ClassicNorthwest, Farmington, *GleasonE, *JamHopsAR, Jungle, Lakepoint, Laketown, *NorthCrest
32B	XP	11:30am	11:50am	12:00pm	ClassicNorthwest, Flips, GleasonE, JamHopsAR, Laketown, Spirit, **TCT
33B	XG	3:15pm	3:35pm	3:45pm	*ClassicSavage, *Flips, Spirit, **TCT
SUNDAY CABIN GYM					
Session	Level	Stretch	March In	Warm Up	Teams (*denotes split team)
31C	DP 7&8	8:00am	8:20am	8:30am	ClassicChan(8), *Flips(8), GrandRapids(7&8), Granite(7), GreatNorthern(7&8), JamHops(8), JamHopsAR(8), KidSport(7&8), NoBoundaries(7&8), NorthCrest(7&8), TAGsEP(8)
32C	DP 7	11:45am	12:05pm	12:15pm	Calvary, ClassicChan, ClassicSavage, Flips, *JamHops, JamHopsAR, Revolution, *TAGsEP, *TCT, TwinPorts
33C	DP 6	4:00pm	4:20pm	4:30pm	*Flips, Granite, GreatNorthern, JamHops, JamHopsAR, Lakepoint, NoBoundaries, NorthCrest, *TAGsEP, TwinPorts