



2026 GYM FEST MORNING WORKSHOPS

| | CHECK IN: 8:30AM | | | WARM-UP 8:40-8:55AM | |
|------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| TIME | REHEARSAL | PARKOUR | DANCE | CIRCUS | PILATES |
| 9:00 - 9:40 AM | SALTA & BC DREAMS | CGC BLAZE | CGC EMBER | GRANDE PRAIRIE & RHYTHMICS | CGC PHOENIX & CGC GYMNAESTRADA |
| 9:50 - 10:30 AM | CGC BLAZE | CGC EMBER | GRANDE PRAIRIE & RHYTHMICS | CGC PHOENIX & CGC GYMNAESTRADA | SALTA & BC DREAMS |
| 10:40 - 11:20 AM | CGC EMBER | GRANDE PRAIRIE & RHYTHMICS | CGC PHOENIX & CGC GYMNAESTRADA | SALTA & BC DREAMS | CGC BLAZE |
| 11:30 - 12:10 PM | GRANDE PRAIRIE & RHYTHMICS | CGC PHOENIX & CGC GYMNAESTRADA | SALTA & BC DREAMS | CGC BLAZE | CGC EMBER |
| 12:20 - 1 PM | CGC PHOENIX & CGC GYMNAESTRADA | SALTA & BC DREAMS | CGC BLAZE | CGC EMBER | GRANDE PRAIRIE & RHYTHMICS |



2026 GYM FEST AFTERNOON WORKSHOPS

| | CHECK IN: 1:30 PM | | | WARM-UP 1:40 - 1:55 PM | |
|----------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| TIME | REHEARSAL | PARKOUR | DANCE | CIRCUS | PILATES |
| 2:00 - 2:40 PM | SPRUCE GROVE & GYM NATION | ORTONA | NEGC COSMOS | PHOENIX & DYNAMIX | GYMTASTICS |
| 2:50 - 3:30 PM | ORTONA | NEGC COSMOS | PHOENIX & DYNAMIX | GYMTASTICS | SPRUCE GROVE & GYM NATION |
| 3:40 - 4:20 PM | NEGC COSMOS | PHOENIX & DYNAMIX | GYMTASTICS | SPRUCE GROVE & GYM NATION | ORTONA |
| 4:30 - 5:10 PM | PHOENIX & DYNAMIX | GYMTASTICS | SPRUCE GROVE & GYM NATION | ORTONA | NEGC COSMOS |
| 5:20 - 6:00 PM | GYMTASTICS | SPRUCE GROVE & GYM NATION | ORTONA | NEGC COSMOS | PHOENIX & DYNAMIX |