

Saturday

| | | | | | | | | | |
|------------------|----------------|-------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | 1:30 | Check In & Team Meeting | | | | | | | |
| Session 1 | 2:00 | Warm up | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 | Group 7 |
| | 2:15 | Rotation 1 | FX | PH | SR | VT | PB | HB | TR |
| | 2:45 | Rotation 2 | PH | SR | VT | PB | HB | TR | FX |
| | 3:15 | Rotation 3 | SR | VT | PB | HB | TR | FX | PH |
| | 3:45 | Rotation 4 | VT | PB | HB | TR | FX | PH | SR |
| | 4:15 | Rotation 5 | PB | HB | TR | FX | PH | SR | VT |
| | 4:45 | Rotation 6 | HB | TR | FX | PH | SR | VT | PB |
| | 5:15 | Rotation 7 | TR | FX | PH | SR | VT | PB | HB |
| 5:45 | Stretch | | | | | | | | |
| 6:00 | Depart | | | | | | | | |

Sunday

| | | | | | | | | | | |
|------------------|--------------|---|--------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--|
| Session 2 | 10:00 | Warm up | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 | Group 7 | |
| | 10:15 | Rotation 1 | PH | SR | VT | PB | HB | TR | FX | |
| | 11:00 | Rotation 2 | SR | VT | PB | HB | TR | FX | PH | |
| | 11:45 | Rotation 3 | VT | PB | HB | TR | FX | PH | SR | |
| | 12:30 | Rotation 4 | PB | HB | TR | FX | PH | SR | VT | |
| | 1:15 | Team Picture | | | | | | | | |
| | 1:30 | Depart for Lunch (Coaches Clinic 45 min) | | | | | | | | |
| Session 3 | 2:30 | Warm up | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 | Group 7 | |
| | 2:45 | Rotation 5 | HB | TR | FX | PH | SR | VT | PB | |
| | 3:30 | Rotation 6 | TR | FX | PH | SR | VT | PB | HB | |
| | 4:15 | Rotation 7 | FX | PH | SR | VT | PB | HB | TR | |
| | 5:00 | Depart | Coaches Clinic (45 min) | | | | | | | |

Monday showcase

| | | | | | |
|------------------|--------------|-------------------|--|---|---|
| Session 4 | 9:30 | Warm Up | GO/ Gym Zone/ HOH/ Eric Will/ North Valley/ Flairs | Bayshore/ Cal Sports/ Central Coast/ Elevate/ Go For It/ Gymcats/ SBG | SCATS/ Legacy/ WCOGA/ Yorba Linda/ High Sierra/ Agility |
| | 9:45 | Rotation 1 | FX/ SR | HB/ VT | PH/ PB |
| | 10:45 | Rotation 2 | HB/ VT | PH/ PB | FX/ SR |
| | 11:45 | Rotation 3 | PH/ PB | FX/ SR | HB/ VT |
| | 12:45 | Closing Remarks | | | |
| 12:55 | Depart | | | | |