

2025 Muscle Beach Invite Women's Session Summary - FINAL

Friday, January 17, 2025

SESSION 1A (VENICE BEACH) OPEN STRETCH 6:00 PM

XCEL BRONZE

Broadway, Gold Coast, JAG "Blue Older-Nicki/Janell", JAG "Blue/Yellow Older-Anna/Grace", JAG "Blue Older-Nicki/Ita", Peninsula, Perfect Score

SESSION 1B (SANTA MONICA BEACH) OPEN STRETCH 6:00 PM

XCEL GOLD

AGA, Galaxy, JAG "Red Younger-Cari/Janae/Jordan", Paramount Elite

Saturday, January 18, 2025

SESSION 2A (VENICE BEACH) OPEN STRETCH 8:00 AM

LEVEL 3

Aerial, AGA, Broadway, Galaxy, Gym North, Kingdom Gym, Seawind, Pacific Coast, Paramount Elite, Peninsula, SB Gym Club, South Coast

SESSION 2B (SANTA MONICA BEACH) OPEN STRETCH 8:00 AM

XCEL BRONZE

AGA, The Waves, Gliders, Seawind, Winners

SESSION 3A (VENICE BEACH) OPEN STRETCH 11:15 AM

XCEL BRONZE

Galaxy, JAG "Blue Younger-Ruby/Ita", JAG "Yellow Younger-Kate/Anna", Pacific Coast

LEVEL 2

Aerial, AGA, Broadway, Galaxy, Gym North, Paramount Elite, Peninsula, Winners

SESSION 3B (SANTA MONICA BEACH) OPEN STRETCH 11:15 AM

XCEL SILVER

AGA, The Waves, Gliders, New Vibe

XCEL GOLD

BGA, Seawind, Pacific Coast, Winners, New Vibe

SESSION 4A (VENICE BEACH) OPEN STRETCH 2:30 PM

LEVEL 4/5

AGA, Broadway, Galaxy, Gym North, Kingdom Gym, Seawind, Pacific Coast, Paramount Elite, Peninsula, SB Gym Club, South Coast, Vibe, Winners

SESSION 4B (SANTA MONICA BEACH) OPEN STRETCH 2:30PM

XCEL SILVER

Aerial, Broadway, FireStorm, JAG “Green Younger-Ruby/Ita”, JAG “Green Older-Kate/Any”, Seawind, Pacific Coast, Paramount Elite, WCOGA

SESSION 5A (VENICE BEACH) OPEN STRETCH 5:45 PM

XCEL GOLD

The Wave, Gliders, Peninsula, WCOGA

LEVEL 8

AGA, Broadway, Diamondback, Gliders, JAG, Seawind, Pacific Coast, Paramount Elite, South Coast, Vibe, Winners

SESSION 5B (SANTA MONICA BEACH) OPEN STRETCH 5:45 PM

XCEL PLATINUM

Aerial, AGA, BGA, Broadway, The Waves, Galaxy, Gliders, Gym North, JAG, Seawind, Pacific Coast, Paramount Elite, Peninsula, SB Gym Club, Vibe, WCOGA

Sunday, January 19, 2025

SESSION 6A (VENICE BEACH) OPEN STRETCH 8:00 AM

XCEL SILVER

Galaxy, JAG “Green Younger-Dianna/Cari/Jane”, JAG “Green Older-Callie/Christian”, JAG “Green Older-Anna/Grace”, Peninsula, SB Gym Club, Vibe, Winners

SESSION 7A (VENICE BEACH) OPEN STRETCH 11:15 AM

LEVEL 6

AGA, Broadway, Diamondback, Galaxy, Gliders, Gym Max, Gym North, JAG, Kingdom Gym, Seawind, Pacific Coast, Paramount Elite, SB Gym Club, South Coast, Vibe, Winners

SESSION 8A (VENICE BEACH) OPEN STRETCH 2:30 PM

LEVEL 7

AGA, Broadway, Gliders, Gym Max, Gym North, JAG, Seawind, Pacific Coast, Paramount Elite, Peninsula, Vibe, Winners

XCEL DIAMOND + XCEL SAPPHIRE

Aerial, Broadway, JAG, Seawind, Pacific Coast, Paramount Elite, Peninsula, Vibe

SESSION 9A (VENICE BEACH)

OPEN STRETCH 5:45 PM

LEVEL 9/10

AGA, Broadway, Diamondback, Galaxy, Gliders, JAG, Seawind, Pacific Coast, Paramount Elite, South Coast, Vibe, Winners

Monday, January 20, 2025

SESSION 10A (VENICE BEACH)

OPEN STRETCH 9:00 AM

XCEL BRONZE

Aerial, FireStorm, JAG “Blue Younger-Anya/Grace”, JAG “Yellow Younger-Erika/Callie”, New Vibe, Paramount Elite, Vibe

SESSION 11A (VENICE BEACH)

OPEN STRETCH 12:15 PM

XCEL GOLD

Aerial, Broadway, Diamondback, FireStorm, JAG “Orange Older-Anna/Grace”, JAG “Orange Older-Callie/Christian”, SB Gym Club, Vibe