

# 2025 Muscle Beach Invite Men's Session Summary - FINAL

Sunday, January 19, 2025

**SESSION 1 (SANTA MONICA BEACH)                      OPEN STRETCH – 9:00 AM**

**LEVEL 7/8**

Azarian, Bayshore Elite, BGA, Broadway, Cascade Elite, Champion, Eagle Ridge, MAC, Pacific Coast, Payke, Peninsula, South Coast, WCOGA

**SESSION 2 (SANTA MONICA BEACH)                      OPEN STRETCH – 1:00 PM**

**LEVEL 9**

Agility, Bayshore Elite, BGA, Broadway, Champion, Eagle Ridge, MAC, Metro Stars, North County, Pacific Coast, Payke, Peninsula, Seawind, South Coast, WCOGA

**SESSION 3 (SANTA MONICA BEACH)                      OPEN STRETCH – 5:00 PM**

**LEVEL 10**

Agility, Bayshore Elite, BGA, Broadway, Cascade Elite, Champion, Eagle Ridge, North County, Payke, Peninsula, Seawind, South Coast, WCOGA

Monday, January 20, 2025

**SESSION 4 (SANTA MONICA BEACH)                      OPEN STRETCH – 8:30 AM**

**LEVEL 3**

Agility, Azarian, Bayshore Elite, Broadway, Champion, Firestorm, GO USA, Peninsula

**SESSION 5 (SANTA MONICA BEACH)                      OPEN STRETCH – 11:45 AM**

**LEVEL 4**

Agility, Azarian, Bayshore Elite, BGA, Broadway, Cascade Elite, Champion, Dream Elite, MAC, Metro Stars, Pacific Coast, Payke, Peninsula, Seawind

**SESSION 6 (SANTA MONICA BEACH)                      OPEN STRETCH – 4:15 PM**

**LEVEL 5/6**

Agility, Azarian, Bayshore Elite, BGA, Broadway, Cascade Elite, Champion, MAC, Metro Stars, North County, Pacific Coast, Payke, Peninsula, Seawind