

R 8 - Level 6, 7 & 8 Training Camp
July 17-19, 2026
Hosted by: Tampa Bay Turners - St Petersburg, FL
TENTATIVE SCHEDULE

Friday, July 17

3:00-3:50 = Registration at Tampa Bay Turners
4:00-4:30 = Introduction & Warm-up / Brad Harris
4:30-5:10 = Rotation # 1
5:10-5:50 = Rotation # 2
5:50-6:30 = Rotation # 3
6:30-7:10 = Rotation # 4
7:10-7:50 = Rotation # 5
7:50 = Day 1 Closing

Saturday, July 18

12:00-12:30 = Warm-up / Staff
12:30-1:10 = Rotation # 6
1:10-1:50 = Rotation # 7
1:50-2:30 = Rotation # 8
2:30-3:10 = Rotation # 9
3:10-3:50 = Rotation # 10
3:50 - 4:15 = Food Break and R & R
4:15-4:30 = Quick Stretch on your own
4:30-5:10 = Rotation # 11
5:10-5:50 = Rotation # 12
5:50 = Day 2 Closing

Sunday, July 19

9:30-10:00 Warm-up / Staff
10:00-11:45 = Open Training
11:45 = Closing of Camp