**Gym 1**Leader: Cheren (156)  
Type: Normal  
Prior Wild Max Level: 9  
Average Capture Evolve Level: ~18.4Cheren Max Level: 16

**Team**:  
Aipom @ Power Herb   
Ability: Pickup   
Level: 14   
- Dig  
- Fake Out   
- Covet   
- Work Up

Meowth @ Silk Scarf   
Ability: Technician   
Level: 14   
- Fake Out   
- Aerial Ace   
- Bite   
- Work Up

Dunsparce @ Rocky Helmet   
Ability: Serene Grace   
Level: 14   
- Body Slam   
- Pursuit   
- Roost   
- Work Up

Spinda @ Chesto Berry   
Ability: Contrary   
Level: 14   
- Teeter Dance   
- Fake Out   
- Dizzy Punch   
- Rest

Pidove @ Oran Berry   
Ability: Super Luck   
Level: 14   
- Work Up   
- Aerial Ace   
- Quick Attack   
- Hypnosis

Minccino @ Berry Juice   
Ability: Skill Link   
Level: 16   
- Double Slap   
- Tickle  
- Thunder Wave   
- Work Up

**Gym 2**  
Leader: Roxy  
Type: Poison  
Prior Wild Max Level: 18  
Prior Max Level: 18  
Roxy Max Level: 22

**Team**:  
Qwilfish @ Red Card   
Ability: Intimidate  
Level: 19   
- Toxic Spikes   
- Aqua Jet   
- Twineedle   
- Venoshock

Grimer @ Black Sludge   
Ability: Poison Touch   
Level: 19   
- Shadow Sneak   
- Pound   
- Acid Armor   
- Venoshock

Venonat @ Bright Powder   
Ability: Tinted Lens   
Level: 19   
- Morning Sun   
- Psybeam   
- Signal Beam   
- Venoshock

Gastly @ Eviolite   
Ability: Levitate   
Level: 19   
- Clear Smog   
- Confuse Ray   
- Foul Play   
- Hex

Seviper @ Leftovers   
Ability: Marvel Scale   
Level: 19   
- Poison Fang  
- Hyper Fang  
- Fire Fang  
- Venoshock

Whirlipede @ Life Orb   
Ability: Speed Boost   
Level: 21   
- Twineedle   
- Iron Defense   
- Rock Climb   
- Venoshock