

DEC



REMINDERS:

Please refer to cheer energy app and group chats for the most up-to-date practice times

All athletes must sign up for tumbling prior to attending the class

■ TUMBLING

■ PRACTICES/COMPETITIONS

■ STRETCH

SUNDAY

30

Electric (2:00-4:00)
Shock (2:00-4:00)

MONDAY

1

Tiny Tumble (5:15-6:00)
Bomb Squad (5:45-7:00)
Ignite (5:30-7:00)
Level 3+ (6:00-7:00)
Stretch (6:30-7:00)
Level 2 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)
Level 1-2 (8:00-9:00)

TUESDAY

2

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Stretch (5:30-6:00)
Flyer Flex (6:00-6:30)
Level 1 (6:00-7:00)
Explosion (6:15-7:00)
G-Force (6:30-8:00)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)
Stretch (8:00-8:30)

WEDNESDAY

3

Level 1 (5:00-6:00)
Sizzle (5:30-6:45)
Electric (5:30-7:30)
Level 2 (6:00-7:00)
Bomb Squad (6:45-8:30)
Level 2-3 (7:00-8:00)
Ignite (7:30-9:00)
Level 3+ (8:00-9:00)

THURSDAY

4

Level 1 (5:00-6:00)
Nitro (5:30-7:30)
Static (5:30-6:30)
Level 3+ (6:00-7:00)
G-Force (6:30-8:00)
Level 1-2 (7:00-8:00)
Level 2-3+ (8:00-9:00)

FRIDAY

5

G-Force Christmas Party
(6:00)

SATURDAY

6

7

Nitro (2:00-4:00)
Shock (2:00-4:00)
G-Force (4:00-6:00)
Ignite (4:00-6:00)
Blackout (5:00-7:00)
Bomb Squad (6:00-7:30)

8

Tiny Tumble (5:15-6:00)
Bomb Squad (5:45-7:00)
Ignite (5:30-7:00)
Level 3+ (6:00-7:00)
Stretch (6:30-7:00)
Level 2 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)
Level 1-2 (8:00-9:00)

9

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Stretch (5:30-6:00)
Flyer Flex (6:00-6:30)
Level 1 (6:00-7:00)
Explosion (6:15-7:00)
G-Force (6:30-8:00)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)
Stretch (8:00-8:30)

10

Level 1 (5:00-6:00)
Sizzle (5:30-6:45)
Electric (5:30-7:30)
Level 2 (6:00-7:00)
Bomb Squad (6:45-8:30)
Level 2-3 (7:00-8:00)
Ignite (7:30-9:00)
Level 3+ (8:00-9:00)

11

Level 1 (5:00-6:00)
Nitro (5:30-7:30)
Static (5:30-6:30)
Level 3+ (6:00-7:00)
G-Force (6:30-8:00)
Level 1-2 (7:00-8:00)
Level 2-3+ (8:00-9:00)

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13

MAXIMUM
CHEER AND DANCE
MAXIMUM
SEVIERVILLE, TN
(Nitro, Electric, G-Force,
Bomb Squad, Shock,
Ignite, Blackout)

14

MAXIMUM
CHEER AND DANCE
MAXIMUM
SEVIERVILLE, TN
(Electric, G-Force, Bomb
Squad, Shock, Ignite,
Blackout)

15

Tiny Tumble (5:15-6:00)
Bomb Squad (5:45-7:00)
Ignite (5:30-7:00)
Level 3+ (6:00-7:00)
Stretch (6:30-7:00)
Level 2 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)
Level 1-2 (8:00-9:00)

16

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Stretch (5:30-6:00)
Flyer Flex (6:00-6:30)
Level 1 (6:00-7:00)
Explosion (6:15-7:00)
G-Force (6:30-8:00)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)
Stretch (8:00-8:30)

17

Level 1 (5:00-6:00)
Sizzle (5:30-6:45)
Electric (5:30-7:30)
Level 2 (6:00-7:00)
Bomb Squad (6:45-8:30)
Level 2-3 (7:00-8:00)
Ignite (7:30-9:00)
Level 3+ (8:00-9:00)

18

Level 1 (5:00-6:00)
Nitro (5:30-7:30)
Static (5:30-6:30)
Level 3+ (6:00-7:00)
G-Force (6:30-8:00)
Level 1-2 (7:00-8:00)
Level 2-3+ (8:00-9:00)

19

20

Static Christmas Party
(4:00-6:00)

21

22

Ignite (5:30-7:00)
Blackout (7:00-9:00)

23

G-Force (5:30-7:30)

24

25



26

27

28

29

Ignite (5:30-7:00)
Bomb Squad (5:45-7:00)
Shock (7:00-9:00)
Blackout (7:00-9:00)

30

G-Force (5:30-7:30)

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1



2

3