

SEPT



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/JUMP

SUNDAY

30

Blackout (10:00-1:00)
Surge (4:00-6:00)

MONDAY

31

Level 2-3 (5:00-6:00)
Bomb Squad (5:45-7:15)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Blackout (7:00-9:00)
Surge (7:00-9:00)
Stretch (8:00-8:30)

TUESDAY

1

Level 1 (5:00-6:00)
Nitro (5:45-7:00)
Explosion (5:45-6:30)
Level 2-3 (6:00-7:00)
Static (6:30-7:30)
Level 1-2 (7:00-8:00)
Electric (7:00-8:30)
Jump Cond (7:30-8:00)
Level 3+ (8:00-9:00)

WEDNESDAY

2

Tiny Tumble (5:00-5:45)
Solar (5:45-6:30)
Level 2-3 (6:00-7:00)
G-Force (7:00-8:30)
Level 1-2 (7:00-8:00)
Jump Cond (8:00-8:30)

THURSDAY

3

Level 1-2 (5:00-6:00)
Atomic (5:30-7:30)
Nitro (5:45-7:00)
Level 2-3+ (6:00-7:00)
Electric (7:00-8:30)
Level 1 (7:00-8:00)
Stretch (7:00-7:30)
Jump Cond (7:30-8:00)
Bomb Squad (7:15-8:45)

FRIDAY

4

SATURDAY

5

6

7
★ **LABOR DAY** ★
★★★

Bomb Squad (5:45-7:15)
Blackout (7:00-9:00)
Surge (7:00-9:00)

8

Level 1 (5:00-6:00)
Nitro (5:45-7:00)
Explosion (5:45-6:30)
Level 2-3 (6:00-7:00)
Static (6:30-7:30)
Level 1-2 (7:00-8:00)
Electric (7:00-8:30)
Jump Cond (7:30-8:00)
Level 3+ (8:00-9:00)

9

Tiny Tumble (5:00-5:45)
Solar (5:45-6:30)
Level 2-3 (6:00-7:00)
G-Force (7:00-8:30)
Level 1-2 (7:00-8:00)
Jump Cond (8:00-8:30)

10

Level 1-2 (5:00-6:00)
Atomic (5:30-7:30)
Nitro (5:45-7:00)
Level 2-3+ (6:00-7:00)
Electric (7:00-8:30)
Level 1 (7:00-8:00)
Stretch (7:00-7:30)
Jump Cond (7:30-8:00)
Bomb Squad (7:15-8:45)

11

12

13

Blackout (4:00-6:00)
Surge (4:00-6:00)

Staff Meeting (3:00-4:00)

14

Level 2-3 (5:00-6:00)
Bomb Squad (5:45-7:15)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Blackout (7:00-9:00)
Surge (7:00-9:00)
Stretch (8:00-8:30)

15

Level 1 (5:00-6:00)
Nitro (5:45-7:00)
Explosion (5:45-6:30)
Level 2-3 (6:00-7:00)
Static (6:30-7:30)
Level 1-2 (7:00-8:00)
Electric (7:00-8:30)
Jump Cond (7:30-8:00)
Level 3+ (8:00-9:00)

16

Tiny Tumble (5:00-5:45)
Solar (5:45-6:30)
Level 2-3 (6:00-7:00)
G-Force (7:00-8:30)
Level 1-2 (7:00-8:00)
Jump Cond (8:00-8:30)

17

Level 1-2 (5:00-6:00)
Atomic (5:30-7:30)
Nitro (5:45-7:00)
Level 2-3+ (6:00-7:00)
Electric (7:00-8:30)
Level 1 (7:00-8:00)
Stretch (7:00-7:30)
Jump Cond (7:30-8:00)
Bomb Squad (7:15-8:45)

18

Atomic (4:30-9:00)

19

Atomic (8:30-3:00)

20

21

Level 2-3 (5:00-6:00)
Bomb Squad (5:45-7:15)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Blackout (7:00-9:00)
Surge (7:00-9:00)
Stretch (8:00-8:30)

22

Level 1 (5:00-6:00)
Nitro (5:45-7:00)
Explosion (5:45-6:30)
Level 2-3 (6:00-7:00)
Static (6:30-7:30)
Level 1-2 (7:00-8:00)
Electric (7:00-8:30)
Jump Cond (7:30-8:00)
Level 3+ (8:00-9:00)

23

Tiny Tumble (5:00-5:45)
Solar (5:45-6:30)
Level 2-3 (6:00-7:00)
G-Force (7:00-8:30)
Level 1-2 (7:00-8:00)
Jump Cond (8:00-8:30)

24

Level 1-2 (5:00-6:00)
Atomic (5:30-7:30)
Nitro (5:45-7:00)
Level 2-3+ (6:00-7:00)
Electric (7:00-8:30)
Level 1 (7:00-8:00)
Stretch (7:00-7:30)
Jump Cond (7:30-8:00)
Bomb Squad (7:15-8:45)

25

26

27

Blackout (4:00-6:00)
Surge (4:00-6:00)

28

Level 2-3 (5:00-6:00)
Bomb Squad (5:45-7:15)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Blackout (7:00-9:00)
Surge (7:00-9:00)
Stretch (8:00-8:30)

29

Level 1 (5:00-6:00)
Nitro (5:45-7:00)
Explosion (5:45-6:30)
Level 2-3 (6:00-7:00)
Static (6:30-7:30)
Level 1-2 (7:00-8:00)
Electric (7:00-8:30)
Jump Cond (7:30-8:00)
Level 3+ (8:00-9:00)

30

Tiny Tumble (5:00-5:45)
Solar (5:45-6:30)
Level 2-3 (6:00-7:00)
G-Force (7:00-8:30)
Level 1-2 (7:00-8:00)
Jump Cond (8:00-8:30)

1

Level 1-2 (5:00-6:00)
Atomic (5:30-7:30)
Nitro (5:45-7:00)
Level 2-3+ (6:00-7:00)
Electric (7:00-8:30)
Level 1 (7:00-8:00)
Stretch (7:00-7:30)
Jump Cond (7:30-8:00)
Bomb Squad (7:15-8:45)

2

3