

JAN



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	Ignite (5:30-7:00) Bomb Squad (5:45-7:00) Shock (7:00-9:00) Blackout (7:00-9:00)	G-Force (5:30-7:30)			Sizzle (6:00-8:00)	
4	5	6	7	8	9	10
Electric (2:00-4:00) Shock (2:00-4:00) Ignite (4:00-6:00) Nitro (4:30-6:30) Blackout (5:00-7:00)	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)	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)	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)	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)		Sizzle (9:30-12:00)
11	12	13	14	15	16	17
Electric (2:00-4:00) Shock (2:00-4:00) Static (4:00-5:00) G-Force (4:00-6:00) Ignite (4:00-6:00) Bomb Squad (5:00-7:00)	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)	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)	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)	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)	Solar (5:30-6:45) Sizzle (5:30-6:45)	 THE CROWN GREENSBORO, NC (All Teams)
18	19	20	21	22	23	24
Blackout (5:00-7:00) Staff Meeting 4:00-5:00	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)	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)	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)	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)		
25	26	27	28	29	30	31
Electric (2:00-4:00) Shock (2:00-4:00) Bomb Squad (4:00-6:00)	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)	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)	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)	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)		