

NOV



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
2 Electric (2:00-4:00) Shock (2:00-4:00)	3 Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) 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)	4 Level 1 (5:00-6:00) Solar (5:30-6:15) Static (5:30-6:15) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 1 (7:00-8:00) Level 2-3+ (8:00-9:00)	5 Level 1 (5:00-6:00) Sizzle (5:30-6:45) Electric (5:30-7:30) Level 2 (6:00-7:00) Bomb Squad (6:45-8:15) Level 2-3 (7:00-8:00) Ignite (7:30-9:00) Level 3+ (8:00-9:00)	6 Level 1 (5:00-6:00) Nitro (5:30-7:30) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) 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)	7	1 8
9 Electric (2:00-4:00) Nitro (2:00-4:00) Blackout (5:00-7:00) Staff Meeting 4:00-5:00	10 Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) 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)	11 Level 1 (5:00-6:00) Solar (5:30-6:15) Static (5:30-6:15) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 1 (7:00-8:00) Level 2-3+ (8:00-9:00)	12 Level 1 (5:00-6:00) Sizzle (5:30-6:45) Electric (5:30-7:30) Level 2 (6:00-7:00) Bomb Squad (6:45-8:15) Level 2-3 (7:00-8:00) Ignite (7:30-9:00) Level 3+ (8:00-9:00)	13 Level 1 (5:00-6:00) Nitro (5:30-7:30) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) 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)	14	15
16 Electric (2:00-4:00) Shock (2:00-4:00) G-Force (4:00-6:00)	17 Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) 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)	18 Level 1 (5:00-6:00) Solar (5:30-6:15) Static (5:30-6:15) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 1 (7:00-8:00) Level 2-3+ (8:00-9:00)	19 Level 1 (5:00-6:00) Sizzle (5:30-6:45) Electric (5:30-7:30) Level 2 (6:00-7:00) Bomb Squad (6:45-8:15) Level 2-3 (7:00-8:00) Ignite (7:30-9:00) Level 3+ (8:00-9:00)	20 Level 1 (5:00-6:00) Nitro (5:30-7:30) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) 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)	21	22
23 G-Force (4:00-6:00) Blackout (5:00-7:00)	24 Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) 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)	25 Level 1 (5:00-6:00) Solar (5:30-6:15) Static (5:30-6:15) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 1 (7:00-8:00) Level 2-3+ (8:00-9:00)	26	27 HAPPY THANKS GIVING	28	29
30 Electric (2:00-4:00) Shock (2:00-4:00)	1 Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) 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)	2 Level 1 (5:00-6:00) Solar (5:30-6:15) Static (5:30-6:15) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 1 (7:00-8:00) Level 2-3+ (8:00-9:00)	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 (6:45-8:15) Level 2-3 (7:00-8:00) Ignite (7:30-9:00) Level 3+ (8:00-9:00)	4 Level 1 (5:00-6:00) Nitro (5:30-7:30) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) 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)	5	6