

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

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