

OCT



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
29	30 Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)	1 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Stunt Class (8:00-9:00)	2 Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)	3 Level 1-2 (5:00-6:00) G-Force (5:30-7:30) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 1-2 (7:00-8:00) Knockout (7:00-8:30) Level 3+ (8:00-9:00)	4	5 Nitro (9:00-11:00) Gamma (11:00-1:00)
6 Shock (2:00-4:00) Blackout (5:00-7:00)	7 Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)	8 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Stunt Class (8:00-9:00)	9 Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)	10 Level 1-2 (5:00-6:00) G-Force (5:30-7:30) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 1-2 (7:00-8:00) Knockout (7:00-8:30) Level 3+ (8:00-9:00)	11	12
13 Fury (3:30-5:30)	14 Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)	15 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Stunt Class (8:00-9:00)	16 Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)	17 Level 1-2 (5:00-6:00) G-Force (5:30-7:30) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 1-2 (7:00-8:00) Knockout (7:00-8:30) Level 3+ (8:00-9:00)	18	19
20 G-Force (2:00-4:00) Shock (2:00-4:00) Bombsquad (5:00-7:00) Blackout (5:00-7:00)	21 Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)	22 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Stunt Class (8:00-9:00)	23 Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)	24 Level 1-2 (5:00-6:00) G-Force (5:30-7:30) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 1-2 (7:00-8:00) Knockout (7:00-8:30) Level 3+ (8:00-9:00)	25	26 Gamma (9:00-11:00) Nitro (11:00-1:00)
27 Fury (3:30-5:30)	28 Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)	29 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Stunt Class (8:00-9:00)	30 Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)	31 Level 1 (6:00-7:00) Level 2-3+ (7:00-8:00)	1	2