

SEP T



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

1	2 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)	3 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Tiny Tumble (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)	4 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)	5 Level 1-2 (5:00-6:00) G-Force (5:30-7:00) 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)	6	7
8 Shock (2:00-4:00) Blackout (5:00-7:00)	9 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)	10 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Tiny Tumble (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)	11 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)	12 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)	13	14
15	16 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)	17 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Tiny Tumble (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)	18 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)	19 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)	20	21 Knockout (9:00-12:00)
22 G-Force (1:00-4:00) Shock (2:00-4:00) Bombsquad (5:00-7:00)	23 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)	24 Level 1-2 (5:00-6:00) Solar (5:30-6:15) Tiny Tumble (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)	25 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)	26 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)	27	28
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) Tiny Tumble (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