

MAR



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



ROYAL NATIONALS
SEVIERVILLE, TN

(Electric, G-Force, Bomb Squad, Shock, Ignite, Blackout)

2

Tiny Tumble (5:15-6:00)
Ignite (5:30-7:00)
Bomb Squad (5:45-7:00)
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)

3

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Static (5:30-6:30)
Stretch (6:00-6:30)
Level 1 (6:00-7:00)
Explosion (6:15-7:00)
G-Force (6:30-8:00)
Shock (7:00-8:30)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)

4

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 (7:00-9:00)

5

Level 1 (5:00-6:00)
Nitro (5:30-7:30)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Intro to Cheer (7:00-8:15)
Stretch (7:00-7:30)
Intro to Cheer (7:30-8:45)
Flyer Flex (7:30-8:00)
Level 2-3+ (8:00-9:00)

6

7



UCE
KERNERSVILLE, NC
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8

Shock (2:00-4:00)

9

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Ignite (5:30-7:00)
Bomb Squad (5:45-7:00)
Level 3+ (6:00-7:00)
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10

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11

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12

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Flyer Flex (7:30-8:00)
Level 2-3+ (8:00-9:00)

13

14

15

Bomb Squad (3:00-5:00)
Blackout (5:00-7:00)

Staff Meeting 2:00-3:00

16

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17

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18

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19

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Level 2-3+ (8:00-9:00)

20

Birthday Party 6:00-8:00

21

22

Electric (2:00-4:00)
Shock (2:00-4:00)
G-Force (4:00-6:00)

23

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24

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25

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26

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28



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29

Bomb Squad (3:00-5:00)
Blackout (5:00-7:00)

30

Tiny Tumble (5:15-6:00)
Ignite (5:30-7:00)
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3

G-Force (5:30-7:00)

4