NOV

CHEER ENERGY ALL-STARS

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/JUMP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 G-Force (3:00-5:00) Twinkle (4:00-5:00)	**2** Level 2-3 (5:00-6:00) Bomb Squad (5:45-7:15) G-Force (5:30-7:00) Level 3+ (6:00-7:00) Jump Cond (6:30-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	**3** Level 1 (5:00-6:00) Nitro (5:45-7:00) Explosion (5:45-6:30) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Jump Cond (7:30-8:00) Level 3+ (8:00-9:00) Level 1-2 (8:00-9:00)	**4** Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	**5** Level 1-2 (5:00-6:00) Atomic (5:30-7:30) Nitro (5:45-7:00) Level 2-3+ (6:00-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Stretch (7:00-7:30) Jump Cond (7:30-8:00) Bomb Squad (7:15-8:45) Level 1-2 (8:00-9:00)	**6**	**7**
8 Fossil Fuel (1:30-3:00) Blackout (4:00-6:00) Surge (4:00-6:00) Staff Meeting (3:00-4:00)	**9** Level 2-3 (5:00-6:00) Tiny Tumble (5:00-5:45) Bomb Squad (5:45-7:15) G-Force (5:30-7:00) Level 3+ (6:00-7:00) Jump Cond (6:30-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	**10** Level 1 (5:00-6:00) Nitro (5:45-7:00) Explosion (5:45-6:30) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Jump Cond (7:30-8:00) Level 3+ (8:00-9:00) Level 1-2 (8:00-9:00)	**11** Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5;45-6:30) Level 2-3 (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	**12** Tiny Tumble (4:45-5:30) Level 1-2 (5:00-6:00) Atomic (5:30-7:30) Nitro (5:45-7:00) Level 2-3+ (6:00-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Stretch (7:00-7:30) Jump Cond (7:30-8:00) Bomb Squad (7:15-8:45) Level 1-2 (8:00-9:00)	**13**	**14**
15 Solar (2:00-3:00) Twinkle (2:45-4:00)	**16** Level 2-3 (5:00-6:00) Tiny Tumble (5:00-5:45) Bomb Squad (5:45-7:15) G-Force (5:30-7:00) Level 3+ (6:00-7:00) Jump Cond (6:30-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	**17** Level 1 (5:00-6:00) Nitro (5:45-7:00) Explosion (5:45-6:30) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Jump Cond (7:30-8:00) Level 3+ (8:00-9:00) Level 1-2 (8:00-9:00)	**18** Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	**19** Tiny Tumble (4:45-5:30) Level 1-2 (5:00-6:00) Atomic (5:30-7:30) Nitro (5:45-7:00) Level 2-3+ (6:00-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Stretch (7:00-7:30) Jump Cond (7:30-8:00) Bomb Squad (7:15-8:45) Level 1-2 (8:00-9:00)	**20** Atomic (6:00-8:00)	**21** G-Force (10:00-12:00)
22 Electric (2:00-4:00) Blackout (4:00-6:00) Surge (4:00-6:00)	**23** Level 2-3 (5:00-6:00) Tiny Tumble (5:00-5:45) Bomb Squad (5:45-7:15) G-Force (5:30-7:00) Level 3+ (6:00-7:00) Jump Cond (6:30-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	**24** Level 1 (5:00-6:00) Nitro (5:45-7:00) Explosion (5:45-6:30) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Jump Cond (7:30-8:00) Level 3+ (8:00-9:00) Level 1-2 (8:00-9:00)	**25** G-Force (6:30-8:00)	**26** Happy Thanks Giving	**27**	**28**
29	**30** Level 2-3 (5:00-6:00) Tiny Tumble (5:00-5:45) Bomb Squad (5:45-7:15) G-Force (5:30-7:00) Level 3+ (6:00-7:00) Jump Cond (6:30-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	**1** Level 1 (5:00-6:00) Nitro (5:45-7:00) Explosion (5:45-6:30) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Jump Cond (7:30-8:00) Level 3+ (8:00-9:00) Level 1-2 (8:00-9:00)	**2** Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	**3** Tiny Tumble (4:45-5:30) Level 1-2 (5:00-6:00) Atomic (5:30-7:30) Nitro (5:45-7:00) Level 2-3+ (6:00-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Stretch (7:00-7:30) Jump Cond (7:30-8:00) Bomb Squad (7:15-8:45) Level 1-2 (8:00-9:00)	**4**	**5**