

JULY



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
28	29	30	1	2	3	4 <i>Happy Independence Day!</i>
Gym Closed - Happy Independence Day						
5	6 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) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	7 Level 1 (5:00-6:00) Nitro (5:45-7:00) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Level 3+ (8:00-9:00)	8 Tiny Tumble (5:00-5:45) Level 2-3 (6:00-7:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	9 Level 1-2 (5:00-6:00) Atomic (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1 (7:00-8:00) Stretch (7:00-7:30)	10	11
12	13 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) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	14 Level 1 (5:00-6:00) Nitro (5:45-7:00) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Level 3+ (8:00-9:00)	15 Tiny Tumble (5:00-5:45) Level 2-3 (6:00-7:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	16 Level 1-2 (5:00-6:00) Atomic (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1 (7:00-8:00) Stretch (7:00-7:30)	17	18
19	20 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) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Surge (7:00-9:00) Stretch (8:00-8:30)	21 Level 1 (5:00-6:00) Nitro (5:45-7:00) Level 2-3 (6:00-7:00) Static (6:30-7:30) Level 1-2 (7:00-8:00) Electric (7:00-8:30) Level 3+ (8:00-9:00)	22 Tiny Tumble (5:00-5:45) Level 2-3 (6:00-7:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	23 Level 1-2 (5:00-6:00) Atomic (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1 (7:00-8:00) Stretch (7:00-7:30)	24	25
26	27 Level 2-3 (5:00-6:00) Level 3+ (6:00-7:00) Level 1-2 (7:00-8:00) Stretch (8:00-8:30)	28 Electric (10:00-3:00) G-Force (4:00-9:00)	29 Electric (10:00-3:00) Nitro (10:00-1:30) Bomb Squad (2:00-5:30) G-Force (4:00-9:00) Surge (6:00-9:30)	30 Nitro (10:00-1:30) Bomb Squad (2:00-5:30) Surge (6:00-9:30)	31 Nitro (10:00-1:30) Bomb Squad (2:00-5:30) Surge (6:00-9:30)	1