DEC

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
29	30 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) Tech Tune-Up* (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) Bomb Squad (6:30-8:00) 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) Nitro (5:45-7:00) Atomic (6:00-8:00) Level 2-3+ (6:00-7:00) Stretch (6:00-6:30) Jump Cond (6:30-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Level 1-2 (8:00-9:00)	4 G-Force (5:30-7:00)	5
6 Bomb Squad (1:00-3:00) Electric (1:00-3:00) Blackout (4:00-6:00) Surge (4:00-6:00) Atomic (5:30-7:30) Staff Meeting (3:00-4:00)	7 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) Tech Tune-Up* (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)	8 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)	9 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5:45-6:30) Level 2-3 (6:00-7:00) Bomb Squad (6:30-8:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	10 Tiny Tumble (4:45-5:30) Level 1-2 (5:00-6:00) Nitro (5:45-7:00) Atomic (6:00-8:00) Level 2-3+ (6:00-7:00) Stretch (6:00-6:30) Jump Cond (6:30-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Level 1-2 (8:00-9:00)	11	12 Rockstar Championships Greensboro, NC (Atomic, Electric, Nitro, G-Force, Bomb Squad, Surge, Blackout)
13 Rockstar Championships Greensboro, NC (Atomic, Electric, Nitro, G-Force, Bomb Squad, Surge, Blackout)	14 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) Tech Tune-Up* (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)	15 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)	16 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Twinkle (5:45-6:30) Level 2-3 (6:00-7:00) Bomb Squad (6:30-8:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	17 Tiny Tumble (4:45-5:30) Level 1-2 (5:00-6:00) Nitro (5:45-7:00) Atomic (6:00-8:00) Level 2-3+ (6:00-7:00) Stretch (6:00-6:30) Jump Cond (6:30-7:00) Electric (6:15-8:00) Level 1 (7:00-8:00) Level 1-2 (8:00-9:00)	18	19
20	21 G-Force (5:30-7:00)	22	23	24	25 	26
27	28 G-Force (5:30-7:00)	29	30	31	1 	2