

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

25
Kinetic (1:30-3:00)
Blaze (3:00-4:30)
Blackout (5:00-7:00)

26
Tiny Tumble (5:15-6:00)
Gamma (5:15-6:30)
Level 3+ (6:00-7:00)
Bombsquad (6:00-7:00)
G-Force (6:15-8:00)
Stretch (6:30-7:15)
Level 1 (7:00-8:00)
Blackout (7:00-9:00)
Kinetic (7:30-8:30)
Level 2 (8:00-9:00)

27
Level 2-3 (5:00-6:00)
Solar (5:30-6:15)
Static (5:30-6:15)
Level 1 (6:00-7:00)
Explosion (6:15-7:00)
ITC: Ages 4-7 (6:15-7:15)
Level 1-2 (7:00-8:00)
Knockout (7:15-8:45)
Level 4+ (8:00-9:00)

28
Level 2 (5:00-6:00)
Sizzle (5:30-6:45)
Level 1 (6:00-7:00)
ITC: Ages 8-12 (6:00-7:00)
Stretch (6:15-7:00)
Level 1-2 (7:00-8:00)
Bombsquad (7:00-9:00)
Fury (7:00-9:00)
Level 3+ (8:00-9:00)

29
Level 1 (5:00-6:00)
Stretch (5:00-5:45)
Gamma (5:30-7:15)
Kinetic (5:30-7:30)
Level 2 (6:00-7:00)
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G-Force (7:00-8:30)
Blaze (7:00-9:00)
Level 3+ (8:00-9:00)

1

2

NASHVILLE, TN
(Gamma, G-Force, Kinetic, Bombsquad, Blaze, Blackout)

3

NASHVILLE, TN
(Gamma, G-Force, Kinetic, Bombsquad, Blaze, Blackout)

4
Tiny Tumble (5:15-6:00)
Gamma (5:15-6:30)
Level 3+ (6:00-7:00)
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5
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7
Level 1 (5:00-6:00)
Stretch (5:00-5:45)
Gamma (5:30-7:15)
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Level 2 (6:00-7:00)
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Blaze (7:00-9:00)
Level 3+ (8:00-9:00)

8

9
MAXIMUM
CHEER AND DANCE
RALEIGH, NC
(All Teams)

10
MAXIMUM
CHEER AND DANCE
RALEIGH, NC
(All Teams)

11
Tiny Tumble (5:15-6:00)
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Level 3+ (6:00-7:00)
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12
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14
Level 1 (5:00-6:00)
Stretch (5:00-5:45)
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15

16

17

18
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29

30

31 HAPPY EASTER