

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

1

2

3

4

HAPPY
INDEPENDENCE
DAY

5

6

GYM CLOSED

7

8

Tiny Tumble (5:15-6:00)
Bombsquad (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-8:30)
Level 1 (8:00-9:00)

9

Level 1-2 (5:00-6:00)
Level 1 (6:00-7:00)
Nitro (6:15-7:45)
Level 2-3+ (7:00-8:00)
Level 1 (8:00-9:00)

10

Level 1 (5:00-6:00)
Static (5:30-6:15)
Level 1-2 (6:00-7:00)
Electric (6:15-7:30)
Stretch (6:30-7:00)
Flyer Flex (7:00-7:30)
Level 2 (7:00-8:00)
Fury (7:30-9:00)
Level 2-3+ (8:00-9:00)

11

Level 1-2 (5:00-6:00)
G-Force (5:30-7:00)
Gamma (5:30-7:00)
Level 1 (6:00-7:00)
Level 2 (7:00-8:00)
Knockout (7:00-8:30)
Level 3+ (8:00-9:00)

12

13

14

Shock (5:00-8:00)

15

G-Force (10:00-1:30)
Gamma (10:00-1:30)
Nitro (2:00-5:30)
Fury (2:00-5:30)
Bombsquad (6:00-9:30)
Shock (6:00-9:00)

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G-Force (10:00-1:30)
Gamma (10:00-1:30)
Nitro (2:00-5:30)
Fury (2:00-5:30)
Bombsquad (6:00-9:30)
Shock (6:00-9:00)

17

G-Force (10:00-1:30)
Gamma (10:00-1:30)
Nitro (2:00-5:30)
Fury (2:00-5:30)
Bombsquad (6:00-9:30)

18

Level 1-2 (5:00-6:00)
G-Force (5:30-7:00)
Gamma (5:30-7:00)
Level 1 (6:00-7:00)
Level 2 (7:00-8:00)
Knockout (7:00-8:30)
Level 3+ (8:00-9:00)

19

20

21

22

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Bombsquad (5:30-7:00)
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Level 1 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-8:30)
Level 1 (8:00-9:00)

23

Level 1-2 (5:00-6:00)
Level 1 (6:00-7:00)
Nitro (6:15-7:45)
Level 2-3+ (7:00-8:00)
Level 1 (8:00-9:00)

24

Level 1 (5:00-6:00)
Static (5:30-6:15)
Level 1-2 (6:00-7:00)
Electric (6:15-7:30)
Stretch (6:30-7:00)
Flyer Flex (7:00-7:30)
Level 2 (7:00-8:00)
Fury (7:30-9:00)
Level 2-3+ (8:00-9:00)

25

Level 1-2 (5:00-6:00)
G-Force (5:30-7:00)
Gamma (5:30-7:00)
Level 1 (6:00-7:00)
Level 2 (7:00-8:00)
Knockout (7:00-8:30)
Level 3+ (8:00-9:00)

26

27

28

29

Tiny Tumble (5:15-6:00)
Bombsquad (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-8:30)
Level 1 (8:00-9:00)

30

Level 1-2 (5:00-6:00)
Level 1 (6:00-7:00)
Nitro (6:15-7:45)
Level 2-3+ (7:00-8:00)
Level 1 (8:00-9:00)

31

Level 1 (5:00-6:00)
Static (5:30-6:15)
Level 1-2 (6:00-7:00)
Electric (6:15-7:30)
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Flyer Flex (7:00-7:30)
Level 2 (7:00-8:00)
Fury (7:30-9:00)
Level 2-3+ (8:00-9:00)

1

Level 1-2 (5:00-6:00)
G-Force (5:30-7:00)
Gamma (5:30-7:00)
Level 1 (6:00-7:00)
Level 2 (7:00-8:00)
Knockout (7:00-8:30)
Level 3+ (8:00-9:00)

2

3