

OCT



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
27 Blackout (4:00-6:00) Surge (4:00-6:00)	28 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)	29 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)	30 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (7:00-8:30) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	1 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 (6:30-8:00) 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)	2	3
4	5 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)	6 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)	7 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (7:00-8:30) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	8 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 (6:30-8:00) 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)	9	10
11 Blackout (4:00-6:00) Surge (4:00-6:00)	12 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)	13 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)	14 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (7:00-8:30) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	15 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 (6:30-8:00) 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)	16	17
18	19 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)	20 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)	21 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (7:00-8:30) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	22 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 (6:30-8:00) 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)	23 Static (5:30-7:30)	24 Static (11:00-1:00)
25 Surge (2:00-4:00) Blackout (4:00-6:00)	26 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)	27 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)	28 Tiny Tumble (5:00-5:45) Solar (5:45-6:30) Level 2-3 (6:00-7:00) G-Force (7:00-8:30) Level 1-2 (7:00-8:00) Jump Cond (8:00-8:30)	29 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 (6:30-8:00) 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)	30	31

Trunk-Or-Treat

4:30-6:00

All CEA athletes and families welcome!