

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

■ STRETCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 Level 1 (5:00-6:00) Solar (5:45-6:30) Level 2 (6:00-7:00) Knockout (6:00-7:45) Level 3+ (7:00-8:00) Blaze (7:15-9:00) Level 1 (8:00-9:00)	30 Level 2 (5:00-6:00) Inferno (5:45-7:15) Gamma (5:45-7:15) Level 2 (6:00-7:00) Level 1 (7:00-8:00) Kinetic (7:15-8:45) Bombsquad (7:15-9:00) Level 3+ (8:00-9:00)	1 Level 1 (5:00-6:00) Static (5:30-6:15) Level 3+ (6:00-7:00) Sizzle (6:15-7:00) Level 1 (7:00-8:00) Nuclear (7:00-8:30) Level 2 (8:00-9:00)	2	3
4	5	6	7	8	9	10
CLOSED- No practices or classes						
11	12 Ages 3-6 (5:00-5:45) Nuclear (5:45-7:30) Stretch (5:45-6:30) Level 1 (6:30-7:30) Kryptonite (7:30-9:15) Nitro (7:00-8:30) Level 3+ (7:30-8:30)	13 Level 1 (5:00-6:00) Solar (5:45-6:30) Level 2 (6:00-7:00) Knockout (6:00-7:45) Level 3+ (7:00-8:00) Blaze (7:15-9:00) Level 1-2 (8:00-9:00)	14 Level 2 (5:00-6:00) Inferno (5:45-7:15) Gamma (5:45-7:15) Level 2 (6:00-7:00) Level 1 (7:00-8:00) Kinetic (7:15-8:45) Bombsquad (7:15-9:00) Level 3+ (8:00-9:00)	15 Level 1 (5:00-6:00) Static (5:30-6:15) Level 3+ (6:00-7:00) Sizzle (6:15-7:00) Level 1 (7:00-8:00) Nuclear (7:00-8:30) Level 2 (8:00-9:00)	16	17
18	19 Ages 3-6 (5:00-5:45) Nuclear (5:45-7:30) Stretch (5:45-6:30) Level 1 (6:30-7:30) Kryptonite (7:30-9:15) Nitro (7:00-8:30) Level 3+ (7:30-8:30)	20 Level 1 (5:00-6:00) Solar (5:45-6:30) Level 2 (6:00-7:00) Knockout (6:00-7:45) Level 3+ (7:00-8:00) Blaze (7:15-9:00) Level 1-2 (8:00-9:00)	21 Level 2 (5:00-6:00) Inferno (5:45-7:15) Gamma (5:45-7:15) Level 2 (6:00-7:00) Level 1 (7:00-8:00) Kinetic (7:15-8:45) Bombsquad (7:15-9:00) Level 3+ (8:00-9:00)	22 Level 1 (5:00-6:00) Static (5:30-6:15) Level 3+ (6:00-7:00) Sizzle (6:15-7:00) Level 1 (7:00-8:00) Nuclear (7:00-8:30) Level 2 (8:00-9:00)	23	24
25	26 Ages 3-6 (5:00-5:45) Nuclear (5:45-7:30) Stretch (5:45-6:30) Level 1 (6:30-7:30) Kryptonite (7:30-9:15) Nitro (7:00-8:30) Level 3+ (7:30-8:30)	27 Level 1 (5:00-6:00) Solar (5:45-6:30) Level 2 (6:00-7:00) Knockout (6:00-7:45) Level 3+ (7:00-8:00) Blaze (7:15-9:00) Level 1-2 (8:00-9:00)	28 Level 2 (5:00-6:00) Inferno (5:45-7:15) Gamma (5:45-7:15) Level 2 (6:00-7:00) Level 1 (7:00-8:00) Kinetic (7:15-8:45) Bombsquad (7:15-9:00) Level 3+ (8:00-9:00)	29 Level 1 (5:00-6:00) Static (5:30-6:15) Level 3+ (6:00-7:00) Sizzle (6:15-7:00) Level 1 (7:00-8:00) Nuclear (7:00-8:30) Level 2 (8:00-9:00)	30	31