

DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 6:00-7:00 Level 3-5 6:00-7:30- Flash 7:00-8:00 Level 2 7:00-7:30 Adv Stretch 7:30-8:00 Int Stretch 7:30-9:00 Fusion 8:00-9:00 Level 1	2 5:30-6:30 Level 1 5:30-6:15 Surge 6:00-7:30- Atomic 6:30-7:00 Int Stretch 7:00-7:30 Adv Stretch 7:30-8:30 Level 2-3 7:30-9:00 Voltage	3 5:00-6:15 Level 1 6:00-7:30 Sparks 6:15-7:30 Level 2-3 7:30-9:00 Impulse 7:30-8:45 Level 4-5	4	5
6	7 5:00-6:15 Level 1 5:30- 6:15 Explosion 6:15-7:30 Level 3-5 6:00-7:30 Ignite 7:30-8:45 Level 2-3 7:30-9:00 Blackout	8 6:00-7:00 Level 3-5 6:00-7:30- Flash 7:00-8:00 Level 2 7:00-7:30 Adv Stretch 7:30-8:00 Int Stretch 7:30-9:00 Fusion 8:00-9:00 Level 1	9 5:30-6:30 Level 1 5:30-6:15 Surge 6:00-7:30- Atomic 6:30-7:00 Int Stretch 7:00-7:30 Adv Stretch 7:30-8:30 Level 2-3 7:30-9:00 Voltage	10 5:00-6:15 Level 1 6:00-7:30 Sparks 6:15-7:30 Level 2-3 7:30-9:00 Impulse 7:30-8:45 Level 4-5	11	12 Spirit Xpress Concord, NC Atomic, Fusion, Voltage, Ignite, Impulse, Blackout
13	14 5:00-6:15 Level 1 5:30- 6:15 Explosion 6:15-7:30 Level 3-5 6:00-7:30 Ignite 7:30-8:45 Level 2-3 7:30-9:00 Blackout	15 6:00-7:00 Level 3-5 6:00-7:30- Flash 7:00-8:00 Level 2 7:00-7:30 Adv Stretch 7:30-8:00 Int Stretch 7:30-9:00 Fusion 8:00-9:00 Level 1	16 5:30-6:30 Level 1 5:30-6:15 Surge 6:00-7:30- Atomic 6:30-7:00 Int Stretch 7:00-7:30 Adv Stretch 7:30-8:30 Level 2-3 7:30-9:00 Voltage	17 5:00-6:15 Level 1 6:00-7:30 Sparks 6:15-7:30 Level 2-3 7:30-9:00 Impulse 7:30-8:45 Level 4-5	18	19
20	21	22	23 GYM CLOSED MERRY CHRISTMAS CEA FAMILIES!!! As a program we would like to thank all of the athletes and their families for your love and support. We are truly blessed!	24	25	26
27	28	29	30	31		

