

AUG



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

1

2

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)

3

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)

4

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)

5

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)

6

Gamma (9:00-12:00)
Knockout (1:00-4:00)
Nitro (5:00-8:00)

7

Gamma (9:00-12:00)
Knockout (1:00-4:00)
Nitro (5:00-8:00)

8

Bombsquad (9:00-2:00)
Kinetic (3:00-7:00)

9

Kinetic (9:00-12:00)
Nuclear (1:00-7:00)

10

Blaze (9:00-2:00)
Kryptonite (3:00-8:00)

11

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)

12

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)

13

14

15

16

Ages 3-6 (5:00-5:45)
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Level 1 (6:30-7:30)
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17

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)

18

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)

19

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)

20

21

22

23

Ages 3-6 (5:00-5:45)
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Level 1 (6:30-7:30)
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24

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)

25

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)

26

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)
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Level 2 (8:00-9:00)

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29

30

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31

Level 1 (5:00-6:00)
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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)

1

Level 2 (5:00-6:00)
Inferno (5:45-7:15)
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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)

2

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)

3

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