

JANUARY 2020

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SAT

THIS IS A **TENTATIVE PRACTICE SCHEDULE** AND IS SUBJECT TO CHANGE AT COACHES DISCRETION. CHANGES DUE TO INCLEMENT WEATHER WITH BE POSTED IN GROUP CHATS OR SOCIAL MEDIA.

5
1:30-3:00 Blackout
3:00-4:30 Impulse
4:30-6:00 Voltage
6:00-7:30 Fusion

6
5:00-6:15 Level 1
5:30- 6:15 Explosion
6:15-7:30 Level 2-3
6:00-7:30 Blackout
7:30-8:45 Level 3-5
7:30-9:00 Ignite

7
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

8
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

9
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

10

11

12
1:30-3:00 Flash
3:00-4:30 Atomic
4:30-6:00 Ignite

13
5:00-6:15 Level 1
5:30- 6:15 Explosion
6:15-7:30 Level 2-3
6:00-7:30 Blackout
7:30-8:45 Level 3-5
7:30-9:00 Ignite

14
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

15
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

16
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

17

18

19
1:30-3:00 Blackout
1:30-3:00 Sparks
3:00-4:30 Impulse
4:30-6:00 Voltage

20
5:00-6:15 Level 1
5:30- 6:15 Explosion
6:15-7:30 Level 2-3
6:00-7:30 Blackout
7:30-8:45 Level 3-5
7:30-9:00 Ignite

21
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

22
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

23
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

24
5:30-7:00 Fusion

25

SPIRIT XPRESS
Asheville, NC
Fusion, Voltage, Ignite,
Impulse, Blackout

26
ALL DAY CHEER
Gardner Webb Univ.
Surge, Sparks, Atomic,
Flash, Fusion, Voltage,
Ignite, Impulse,
Blackout, Explosion,
Shock

27
5:00-6:15 Level 1
5:30- 6:15 Explosion
6:15-7:30 Level 2-3
6:00-7:30 Blackout
7:30-8:45 Level 3-5
7:30-9:00 Ignite

28
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

29
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

30
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

31

