

# JAN



## 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

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|--|--|---|---|--|
| 29  | 30  | 31   | 1<br><b>HAPPY NEW YEAR!</b>  | 2   | 3   | 4  |
| 5   | 6<br>Tiny Tumble (5:15-6:00)<br>Bombsquad (5:30-7:00)<br>Fury (5:30-7:00)<br>Level 2-3+ (6:00-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Shock (7:00-8:30)<br>Level 1 (8:00-9:00)  | 7<br>Level 1-2 (5:00-6:00)<br>Solar (5:30-6:15)<br>Explosion (5:45-6:30)<br>Level 1 (6:00-7:00)<br>Nitro (6:15-7:45)<br>G-Force (6:30-7:30)<br>Level 2-3+ (7:00-8:00)<br>Bombsquad (7:30-9:00)<br>Flyer Flex (7:30-8:00)<br>Stretch (8:00-8:30)<br>Level 2-3+ (8:00-9:00)  | 8<br>Level 1 (5:00-6:00)<br>Static (5:30-6:15)<br>Level 1-2 (6:00-7:00)<br>Electric (6:15-7:30)<br>Flyer Flex (6:30-7:00)<br>Stretch (7:00-7:30)<br>Level 2 (7:00-8:00)<br>Fury (7:00-9:00)<br>Level 2-3+ (8:00-9:00)  | 9<br>Level 1-2 (5:00-6:00)<br>G-Force (5:30-7:30)<br>Gamma (5:30-7:00)<br>Level 1 (6:00-7:00)<br>Level 2-3+ (7:00-8:00)<br>Knockout (7:00-8:30)<br>Stunt Class (8:00-9:00)  | 10  | 11<br>Nitro (9:30-11:00)<br>Gamma (10:30-12:00)<br><br>HARPER'S HATTERY<br>POP-UP<br>9:00-11:00  |
| 12<br>Shock (2:00-4:00)<br>Bombsquad (2:00-4:00)<br>Fury (2:00-4:00)<br>G-Force (3:30-5:00)<br>Blackout (5:00-7:00)<br>Static (5:00-7:00)<br>Electric (5:00-7:00) | 13<br>Tiny Tumble (5:15-6:00)<br>Bombsquad (5:30-7:00)<br>Fury (5:30-7:00)<br>Level 2-3+ (6:00-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Shock (7:00-8:30)<br>Level 1 (8:00-9:00) | 14<br>Level 1-2 (5:00-6:00)<br>Solar (5:30-6:15)<br>Explosion (5:45-6:30)<br>Level 1 (6:00-7:00)<br>Nitro (6:15-7:45)<br>G-Force (6:30-7:30)<br>Level 2-3+ (7:00-8:00)<br>Bombsquad (7:30-9:00)<br>Flyer Flex (7:30-8:00)<br>Stretch (8:00-8:30)<br>Level 2-3+ (8:00-9:00) | 15<br>Level 1 (5:00-6:00)<br>Static (5:30-6:15)<br>Level 1-2 (6:00-7:00)<br>Electric (6:15-7:30)<br>Flyer Flex (6:30-7:00)<br>Stretch (7:00-7:30)<br>Level 2 (7:00-8:00)<br>Fury (7:30-9:00)<br>Level 2-3+ (8:00-9:00) | 16<br>Level 1-2 (5:00-6:00)<br>G-Force (5:30-7:30)<br>Gamma (5:30-7:00)<br>Level 1 (6:00-7:00)<br>Level 2-3+ (7:00-8:00)<br>Knockout (7:00-8:30)<br>Stunt Class (8:00-9:00) | 17  | 18<br>Solar (9:30-11:00)<br>Knockout (10:30-12:00)   |
| 19<br>Static (2:00-3:30)<br>Shock (2:00-4:00)<br>Bombsquad (2:00-4:00)<br>Electric (3:30-5:00)  | 20<br>Tiny Tumble (5:15-6:00)<br>Bombsquad (5:30-7:00)<br>Fury (5:30-7:00)<br>Level 2-3+ (6:00-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Shock (7:00-8:30)<br>Level 1 (8:00-9:00) | 21<br>Level 1-2 (5:00-6:00)<br>Solar (5:30-6:15)<br>Explosion (5:45-6:30)<br>Level 1 (6:00-7:00)<br>Nitro (6:15-7:45)<br>G-Force (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Bombsquad (7:30-9:00)<br>Flyer Flex (7:30-8:00)<br>Stretch (8:00-8:30)<br>Level 2-3+ (8:00-9:00)  | 22<br>Level 1 (5:00-6:00)<br>Static (5:30-6:15)<br>Level 1-2 (6:00-7:00)<br>Electric (6:15-7:30)<br>Flyer Flex (6:30-7:00)<br>Stretch (7:00-7:30)<br>Level 2 (7:00-8:00)<br>Fury (7:30-9:00)<br>Level 2-3+ (8:00-9:00) | 23<br>Level 1-2 (5:00-6:00)<br>G-Force (5:30-7:30)<br>Gamma (5:30-7:00)<br>Level 1 (6:00-7:00)<br>Level 2-3+ (7:00-8:00)<br>Knockout (7:00-8:30)<br>Stunt Class (8:00-9:00) | 24<br>Solar (5:30-6:30)<br>Knockout (5:30-6:30)<br>Gamma (6:30-7:30)<br>Nitro (6:30-7:30) | 25<br><br>ALL DAY CHEERLEADING<br>SHELBY, NC<br>(All Teams)   |
| 26<br>Shock (2:00-4:00)<br>Blackout (5:00-7:00)   | 27<br>Tiny Tumble (5:15-6:00)<br>Bombsquad (5:30-7:00)<br>Fury (5:30-7:00)<br>Level 2-3+ (6:00-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Shock (7:00-8:30)<br>Level 1 (8:00-9:00) | 28<br>Level 1-2 (5:00-6:00)<br>Solar (5:30-6:15)<br>Explosion (5:45-6:30)<br>Level 1 (6:00-7:00)<br>Nitro (6:15-7:45)<br>G-Force (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Bombsquad (7:30-9:00)<br>Flyer Flex (7:30-8:00)<br>Stretch (8:00-8:30)<br>Level 2-3+ (8:00-9:00)  | 29<br>Level 1 (5:00-6:00)<br>Static (5:30-6:15)<br>Level 1-2 (6:00-7:00)<br>Electric (6:15-7:30)<br>Flyer Flex (6:30-7:00)<br>Stretch (7:00-7:30)<br>Level 2 (7:00-8:00)<br>Fury (7:30-9:00)<br>Level 2-3+ (8:00-9:00) | 30<br>Level 1-2 (5:00-6:00)<br>G-Force (5:30-7:30)<br>Gamma (5:30-7:00)<br>Level 1 (6:00-7:00)<br>Level 2-3+ (7:00-8:00)<br>Knockout (7:00-8:30)<br>Stunt Class (8:00-9:00) | 31  | 1<br><br>MAXOUT<br>WILMINGTON, NC<br>(Solar, Static, Electric, Gamma,<br>Knockout, Nitro, G-Force, Fury,<br>Bombsquad, Shock, Blackout) |