

DEC



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

<p>1</p> <p>Blackout (1:00-3:00) Shock (2:00-4:00) Bombsquad (2:00-4:00) Electric (3:00-5:00)</p>	<p>2</p> <p>Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)</p>	<p>3</p> <p>Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 1-2 (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)</p>	<p>4</p> <p>Level 1 (5:00-6:00) Static (5:30-6:15) G-Force (5:30-7:00) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)</p>	<p>5</p> <p>Level 1-2 (5:00-6:00) G-Force (5:30-8:00) Gamma (5:30-7:15) Level 1 (6:00-7:00) Level 2-3+ (7:00-8:00) Knockout (7:00-8:30) Stunt Class (8:00-9:00)</p>	<p>6</p>	<p>7</p> <p>Gamma (9:00-11:00) Nitro (10:00-12:00)</p>
<p>8</p> <p>Electric (2:00-4:30) Shock (2:00-4:00) Fury (3:00-5:00)</p>	<p>9</p> <p>Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)</p>	<p>10</p> <p>Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)</p>	<p>11</p> <p>Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:00-9:00) Level 2-3+ (8:00-9:00)</p>	<p>12</p> <p>Level 1-2 (5:00-6:00) G-Force (5:30-8:00) Gamma (5:30-7:15) Level 1 (6:00-7:00) Level 2-3+ (7:00-8:00) Knockout (7:00-8:30) Stunt Class (8:00-9:00)</p>	<p>13</p>	<p>14</p>  <p>DEEP SOUTH PIGEON FORGE, TN (Electric, Gamma, Nitro, G-Force, Fury, Bombsquad, Shock, Blackout)</p>
<p>15</p>  <p>DEEP SOUTH PIGEON FORGE, TN (G-Force, Fury, Bombsquad, Shock, Blackout)</p>	<p>16</p> <p>Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Level 1-2 (7:00-8:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1 (8:00-9:00)</p>	<p>17</p> <p>Level 1-2 (5:00-6:00) Solar (5:30-6:15) Explosion (5:45-6:30) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 2-3+ (7:00-8:00) Bombsquad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)</p>	<p>18</p> <p>Level 1 (5:00-6:00) Static (5:30-6:15) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) Stretch (7:00-7:30) Level 2 (7:00-8:00) Fury (7:30-9:00) Level 2-3+ (8:00-9:00)</p>	<p>19</p> <p>Level 1-2 (5:00-6:00) G-Force (5:30-7:30) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 2-3+ (7:00-8:00) Knockout (7:00-8:30) Stunt Class (8:00-9:00)</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Merry Christmas</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>HAPPY NEW YEAR!</p>	<p>2</p>	<p>3</p>	<p>4</p>