

# MAR



## 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
<b>23</b>  Shock (2:00-4:00) Blackout (5:00-7:00)	<b>24</b> Tiny Tumble (5:15-6:00) Bombsquad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1-2 (7:00-8:00) Level 1 (8:00-9:00)	<b>25</b> 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)	<b>26</b> 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)	<b>27</b> 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 (7:00-8:00) Knockout (7:00-8:30) Level 2-3+ (8:00-9:00)	<b>28</b>	<b>1</b>  CHEER DERBY LOUISVILLE, KY (G-Force, Fury, Bomb Squad, Shock, Blackout)
<b>2</b>  CHEER DERBY LOUISVILLE, KY (G-Force, Fury, Bomb Squad, Shock, Blackout)	<b>3</b> Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1-2 (7:00-8:00) Level 1 (8:00-9:00)	<b>4</b> 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) Bomb Squad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)	<b>5</b> Level 1 (5:00-6:00) Solar (5:30-6:15) ITC 4-8 (5:30-6:45) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) ITC 9-12 (6:30-7:45) Stretch (7:00-7:30) Level 2-3+ (7:00-8:00) Fury (7:30-9:00) Stunt Class (8:00-9:00)	<b>6</b> 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 (7:00-8:00) Knockout (7:00-8:30) Level 2-3+ (8:00-9:00)	<b>7</b>	<b>8</b>  Knockout (10:00-11:30)
<b>9</b>  F&T CAROLINA BATTLE HICKORY, NC (All Teams)	<b>10</b> Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1-2 (7:00-8:00) Level 1 (8:00-9:00)	<b>11</b> 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) Bomb Squad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)	<b>12</b> Level 1 (5:00-6:00) Solar (5:30-6:15) ITC 4-8 (5:30-6:45) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) ITC 9-12 (6:30-7:45) Stretch (7:00-7:30) Level 2-3+ (7:00-8:00) Fury (7:30-9:00) Stunt Class (8:00-9:00)	<b>13</b> 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 (7:00-8:00) Knockout (7:00-8:30) Level 2-3+ (8:00-9:00)	<b>14</b>	<b>15</b>  Nitro (9:00-10:30) Gamma (10:00-11:30)
<b>16</b>  Shock (2:00-4:00) Electric (2:00-4:00) Fury (5:00-6:30) Blackout (5:00-7:00)	<b>17</b> Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1-2 (7:00-8:00) Level 1 (8:00-9:00)	<b>18</b> 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) Bomb Squad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)	<b>19</b> Level 1 (5:00-6:00) Solar (5:30-6:15) ITC 4-8 (5:30-6:45) Level 1-2 (6:00-7:00) Electric (6:15-7:30) Flyer Flex (6:30-7:00) ITC 9-12 (6:30-7:45) Stretch (7:00-7:30) Level 2-3+ (7:00-8:00) Fury (7:30-9:00) Stunt Class (8:00-9:00)	<b>20</b> Level 1-2 (5:00-6:00) G-Force (5:30-8:00) Gamma (5:30-7:00) Level 1 (6:00-7:00) Level 2 (7:00-8:00) Knockout (7:00-8:30) Level 2-3+ (8:00-9:00)	<b>21</b>	<b>22</b>  GOLD RUSH CHARLOTTE, NC (All Teams)
<b>23</b> GOLD RUSH CHARLOTTE, NC (All Teams)	<b>24/31</b> Tiny Tumble (5:15-6:00) Bomb Squad (5:30-7:00) Fury (5:30-7:00) Level 2-3+ (6:00-7:00) Blackout (7:00-9:00) Shock (7:00-8:30) Level 1-2 (7:00-8:00) Level 1 (8:00-9:00)	<b>25</b> Level 1-2 (5:00-6:00) Solar (5:30-6:15) Level 1 (6:00-7:00) Nitro (6:15-7:45) G-Force (6:30-7:30) Level 1-2 (7:00-8:00) Bomb Squad (7:30-9:00) Flyer Flex (7:30-8:00) Stretch (8:00-8:30) Level 2-3+ (8:00-9:00)	<b>26</b> Level 1 (5:00-6:00) Solar (5:30-6:15) ITC 4-8 (5:30-6:45) Electric (6:15-7:30) ITC 9-12 (6:30-7:45) Fury (7:30-9:00) Stunt Class (8:00-9:00)	<b>27</b> 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 (7:00-8:00) Knockout (7:00-8:30) Level 2-3+ (8:00-9:00)	<b>28</b>	<b>29</b>
<b>30</b> Shock (2:00-4:00) G-Force (4:00-5:30) Blackout (5:00-7:00)						