**July 2014**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1**  **GYM CLOSED** | **2**  **GYM CLOSED** | **3**  **GYM CLOSED** | **4**  **GYM CLOSED** | **5** |
| **6**  ***July 7-11*** \*Stunt 9:00-11:00 \*Tucks 12:00-3:00 | **7**  ***TUMBLING:***  4:00 – 5:00 – Tumble **1**  6:00 – 7:00 – Tumble **4/5**  ***TEAM PRACTICE:***  5:00 – 6:45 – Courage  7:00 – 8:45 – Obsession | **8**  ***TUMBLING:***  4:00 – 5:00 – Tumble **2**  ***TEAM PRACTICE:***  5:00 – 6:45 – Inspire  7:00 – 8:45 – Supremes | **9**  ***TUMBLING:***  4:00 – 5:00 – Conditioning  6:00 – 7:00 – Tumble **3**  ***TEAM PRACTICE:***  5:00 – 6:45 – Level 5  7:00 – 8:45 – Vengeance | **10**  ***FLIGHT CLASS:***  4:00 – 5:00 $15.00  ***TUMBLING:***  5:00 – 6:00 – Tumble **1**  6:00 – 7:00 – Tumble **2**  7:00 – 8:00 – Tumble **3**  8:00 – 9:00 –Tumble **4/5** | **11** | **12** |
| **13**  ***July 14-15*** \*BWO (Back walkover)  BHS (Back handspring)  classes 12:00-3:00 | **14**  ***TUMBLING:***  4:00 – 5:00 – Tumble **1**  6:00 – 7:00 – Tumble **4/5**  ***TEAM PRACTICE:***  5:00 – 6:45 – Courage  7:00 – 8:45 – Obsession | **15**  ***TUMBLING:***  4:00 – 5:00 – Tumble **2**  ***TEAM PRACTICE:***  5:00 – 6:45 – Inspire  7:00 – 8:45 – Supremes | **16**  ***TUMBLING:***  4:00 – 5:00 – Conditioning  6:00 – 7:00 – Tumble **3**  ***TEAM PRACTICE:***  5:00 – 6:45 – Level 5  7:00 – 8:45 – Vengeance | **17**  ***FLIGHT CLASS:***  4:00 – 5:00 $15.00  ***TUMBLING:***  5:00 – 6:00 – Tumble **1**  6:00 – 7:00 – Tumble **2**  7:00 – 8:00 – Tumble **3**  8:00 – 9:00 –Tumble **4/5** | **18**  **Chapel Hill**  **High School**  **Cheer Camp** | **19**  **Chapel Hill**  **High School**  **Cheer Camp** |
| **20**  ***July 21-25*** \*Stunt 9:00-11:00 \*Tucks 12:00-3:00 | **21**  ***TUMBLING:***  4:00 – 5:00 – Tumble **1**  6:00 – 7:00 – Tumble **4/5**  ***TEAM PRACTICE:***  5:00 – 6:45 – Courage  7:00 – 8:45 – Obsession | **22**  ***TUMBLING:***  4:00 – 5:00 – Tumble **2**  ***TEAM PRACTICE:***  5:00 – 6:45 – Inspire  7:00 – 8:45 – Supremes | **23**  ***TUMBLING:***  4:00 – 5:00 – Conditioning  6:00 – 7:00 – Tumble **3**  ***TEAM PRACTICE:***  5:00 – 6:45 – Level 5  7:00 – 8:45 – Vengeance | **24**  ***FLIGHT CLASS:***  4:00 – 5:00 $15.00  ***TUMBLING:***  5:00 – 6:00 – Tumble **1**  6:00 – 7:00 – Tumble **2**  7:00 – 8:00 – Tumble **3**  8:00 – 9:00 –Tumble **4/5** | **25** | **26**  **Inspire Cheer**  **Camp –**  **Lake Norman** |
| **27**  **Inspire Cheer**  **Camp –**  **Lake Norman**  ***July 29-Aug 1st*** \*BWO (Back walkover)  BHS Back handspring)  classes 9:00-12:00 \*Layout/Full 1:00-4:00 | **28**  **Inspire Cheer**  **Camp –**  **Lake Norman** | **29**  ***TUMBLING:***  4:00 – 5:00 – Tumble **2**  ***TEAM PRACTICE:***  5:00 – 6:45 – Courage  7:00 – 8:45 – Supremes | **30**  ***TUMBLING:***  4:00 – 5:00 – Conditioning  6:00 – 7:00 – Tumble **3**  ***TEAM PRACTICE:***  5:00 – 6:45 – Level 5  7:00 – 8:45 – Vengeance | **31**  ***FLIGHT CLASS:***  4:00 – 5:00 $15.00  ***TUMBLING:***  5:00 – 6:00 – Tumble **1**  6:00 – 7:00 – Tumble **4/5**  ***TEAM PRACTICE:***  7:00 – 8:45 – Obsession |  | |