**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 – Courage7:00 – 8:45 – Obsession  | **8** ***TUMBLING:***4:00 – 5:00 – Tumble **2*****TEAM PRACTICE:***5:00 – 6:45 – Inspire7:00 – 8:45 – Supremes | **9*****TUMBLING:***4:00 – 5:00 – Conditioning6:00 – 7:00 – Tumble **3*****TEAM PRACTICE:***5:00 – 6:45 – Level 57:00 – 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 – Courage7:00 – 8:45 – Obsession | **15** ***TUMBLING:***4:00 – 5:00 – Tumble **2*****TEAM PRACTICE:***5:00 – 6:45 – Inspire7:00 – 8:45 – Supremes | **16*****TUMBLING:***4:00 – 5:00 – Conditioning6:00 – 7:00 – Tumble **3*****TEAM PRACTICE:***5:00 – 6:45 – Level 57:00 – 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 – Courage7:00 – 8:45 – Obsession | **22*****TUMBLING:***4:00 – 5:00 – Tumble **2*****TEAM PRACTICE:***5:00 – 6:45 – Inspire7:00 – 8:45 – Supremes | **23*****TUMBLING:***4:00 – 5:00 – Conditioning6:00 – 7:00 – Tumble **3*****TEAM PRACTICE:***5:00 – 6:45 – Level 57:00 – 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 – Courage7:00 – 8:45 – Supremes | **30*****TUMBLING:***4:00 – 5:00 – Conditioning6:00 – 7:00 – Tumble **3*****TEAM PRACTICE:***5:00 – 6:45 – Level 57:00 – 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 |  |