



Cheer Extreme May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
					Zoom Calls: 11-11:45 Divas/YE 12-12:45 O4/Spotlight 1-1:45 GP/CoEd Elite 2-2:45 C4/Lady Lux 3-3:45 J4/Crush 4-4:45 Senior Elite	
10	11	12	13	14	15	16
		11:00 Conditioning with Caleb 2:00 Flight School with Kasey 5:00 Plyometrics and Stability with Darnell	11:00 Conditioning with Caleb 2:00 Dance with Brandon 5:00 Tumbling Drills with Ben	11:00 Strength training with Darnell 2:00 Mini and Tiny Training with Dawn 5:00 Flyer Flex with Zach W	5:00 Conditioning with Reagan 7:00 Parent Social Q and A about the new season with Courtney and the Team Moms/Dads	
17	18	19	20	21	22	23
	11:00 Cardio with Courtney & Kenley Pope 12:00 Tumbling Drills with Peanut 2:00 Flex with Zach W 3:00 Mini/Tiny training with Reagan 5:00 Jumps with Liz	11:00 Conditioning with Caleb 12:00 Air Track class with Shawn 2:00 Dance with Kasey 5:00 Plyometrics and Stability with Darnell 6:00 Abs with Zach	11:00 Conditioning with Caleb 2:00 Hyper Extend your Jumps with Brandon 5:00 Tumbling Drills with Ben 6:00 Stretch/Flex with Savannah	11:00 Strength training with Jeremy 12:00 Tumbling Drills/Air Track with Shane 2:00 Jump Training with DP 5:00 Flex with Zach W 6:00 Floor Stunting 101 with Alexis 7:30 Conditioning with Cullen and Chase	2:00 Fitness with Kasey 5:00 Tryout Tips with Darnell 6:00 Conditioning Game with Stephanie 7:00 Parent Social Q and A about tryouts/new season with Courtney and the Team Moms/Dads	EVALUATIONS 11:00-12:30 Senior Level 6 1:00-2:00 Junior Level 6 2:30-3:30 Level 4/5 4:00-5:00 Level 2/3 5:30-6:30 Lady Lux
24	25	26	27	28	29	30
EVALUATIONS 1:00-2:00 Sr Level 6 2:30- 3:30 Jr Level 6 4:00-5:00 Level 4/5 5:30-6:30 Level 3 7:00-8:00 Level 1/2 8:15-9:15 Lady Lux	EVALUATIONS 11:00-12:00 Level 1 12:30-1:30 Level 2/3 2:00-5:00 Private Lessons 5:30-6:30 Level 4/5 7:00-8:30 Level 6	EVALUATIONS 12:00-3:00 Private Lessons 3:30-4:30 Level 1 5:00-6:00 Level 2/3 6:30-7:30 Level 4/5 8:00-9:30 Level 6	EVALUATIONS 11:00-12:00 Level 1 12:30-1:30 Level 2/3 1:45-4:45 Private Lessons 5:00-6:00 Level 4/5 6:30-7:45 Level 6 8:00-9:00 Lady Lux	EVALUATIONS 12:00-3:00 Private Lessons 3:30-4:30 Level 1 5:00-6:00 Level 2/3 6:30-7:30 Level 4/5 8:00-9:30 Level 6	EVALUATIONS 11:00-12:00 Level 1 12:30-1:30 Level 2/3 2:00-5:00 Private Lessons 5:30-6:30 Level 4/5 7:00-8:30 Level 6	
31	1	2	3	4	5	
EVALUATIONS 1:00-2:00 Sr Level 6 2:30- 3:30 Jr Level 6 4:00-5:00 Level 4/5 5:30-6:30 Level 3 7:00-8:00 Level 1/2 8:15-9:15 Lady Lux	EVALUATIONS 11:00-12:00 Level 1/2 12:30-1:30 Level 3/4 2:00-5:00 Private Lessons 5:30-6:30 Level 5 7:00-8:30 Level 6	EVALUATIONS 12:00-3:00 Private Lessons 3:30-4:30 Level 1 5:00-6:00 Level 2/3 6:30-7:30 Level 4/5 8:00-9:30 Level 6	EVALUATIONS 11:00-12:00 Level 1 12:30-1:30 Level 2/3 1:45-4:45 Private Lessons 5:00-6:00 Level 4/5 6:30-7:45 Level 6 8:00-9:00 Lady Lux	EVALUATIONS 12:00-3:00 Private Lessons 3:30-4:30 Level 1 5:00-6:00 Level 2/3 6:30-7:30 Level 4/5 8:00-9:30 Level 6 *TRYOUT DANCE TAUGHT*	EVALUATIONS 11:00-12:00 Level 1 12:30-1:30 Level 2/3 2:00-5:00 Private Lessons 5:30-6:30 Level 4/5 7:00-8:30 Level 6 *TRYOUT DANCE TAUGHT*	TRYOUTS June 6 10:00-11:30 9 years and under 12:00-1:30 10-12 2:00-3:30 13-14 4:00-5:30 15 and up TRYOUTS June 7 Alphabetical by age 12:30-7:30 Athletes must attend both days