



**LI Cheer All Star
2018-2019**

PRACTICE SCHEDULE

SEPT 10TH THROUGH MAY 10TH TEAM PRACTICE SCHEDULE

MONDAY/WEDNESDAY

DAZZLE (T1) M-530-7, W-6-7PM
SILVER (S3) M-530-7, W-6-730PM
GLITZ (M1) 7-830PM
LIME (Y3) M-7-830, W-730-9PM

TUESDAY/THURSDAY

TURQUOISE (Y2) T-6-730, TH-530-7PM
PRODIGY (J4) T-6-730, TH-530-7PM
AQUA (J2) T-730-9, TH-7-830PM
DIAMONDS (RC5) T-730-9, TH-7-9PM

SEPT 4TH 2018 THROUGH JUNE 21ST 2019 CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
INTRO TO TUMBLE 430-530PM		TUMBLE STARS 330-430PM		TUMBLE STARS 4-5PM	INTRO TO TUMBLE 9-10AM
CHEER 360 STRENGTH/CONDITIONING 5-6PM	TUMBLE 3 630-730PM	PARKOUR & TRICKING 530-630PM	TUMBLE 4/5 6-7PM	CHEER 360 STRENGTH/CONDITIONING 6-7PM	TUMBLE 1 10-11AM
TUMBLE 2 6-7PM	TUMBLE 4/5 730-830PM	TUMBLE 3/4 630-730PM	TUMBLE 2/3 7-8PM	TUMBLE LEVELS 2-5 7-8PM *AGES 6+	CHEER 360 STUNT TECH 11-12PM
TUMBLE 1 7-8PM		TUMBLE 3/4 730-830PM		OPEN GYM 8-10PM	TUMBLE LEVELS 2-5 12-1PM
					CHEER 360 JUMP TECH 1-2PM
					OPEN GYM 2-4PM

NEW THIS YEAR* FULL YEAR ALL STARS RECEIVE UNLIMITED TUMBLE, SPECIALTY, CHEER 360 & OPEN GYM.
ALL STARS MUST REGISTER FOR ALL CLASSES AHEAD OF TIME IN ORDER TO PARTICPATE.