

June 2019

May '19							July '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Open Gym 730-930	3 Team Placement	4 Team Placement/Pom	5 Cartwheels 500:600pm Round offs 6:00-7:00pm	6 Front walkovers 5:00-6:00 Back walkovers 6:00-7:00 Backhandsprings 7:00-8:00 Tucks 8:00-9:00pm	7	8
9 Biomechanics for Cheer 530-630 Mini/Youth 6:30-730 Jr/Sr/Open Open Gym 730-930	10 Layout /Full 8:30-9:45	11 Team Reveal	12 Front walkovers 5:00-6:00 Back walkovers 6:00-7:00 Backhandsprings 7:00-8:00 Tucks 8:00-9:00pm	13 Cartwheels 4:30:5:30pm Back walkovers 5:30-6:30 Pom Tech 6:30-7:30 Dance Stretch 7:30-8:30	14	15
16 Open Gym 730-930	17	18 Jumps 5:00-6:00pm Stretch 600:700pm	19 Front Walkover 5:00-6:00 Backhandsprings 6:00-7:00 **Flyer Class 7:00-8:30	20 Round offs 500:600pm Backhandsprings 7:00-8:00	21	22
23	24 Gym is closed	25	26	27	28	29
30	1	Notes *Must have some skill training in level below **Must be at least 9 and a flyer				