

# CHEERS & MORE NORMAN

## FALL SCHEDULE

### Sundays

Rascals (Y1), Revive (J2), Reflex (Y3)	1:00 – 3:00
Remedy (S3), Riot (J5R)	3:00 – 5:00
Lady Red (S4), Reaction (S5R)	5:00 – 7:00

### Mondays

GYM CLOSED FR CLASSES AND PRACTICES – PRIVATE LESSONS ONLY

### Tuesdays

Open Gym	3:00 – 4:00
Gym 1 / Back Handspring Class	4:30 – 5:30
Rascals (Y1), Revive (J2), Reflex (Y3)	5:30 – 7:00
Power Tumbling	7:00 – 8:00
Open Gym	8:00 – 9:00

### Wednesdays

Open Gym	3:00 – 5:00
Remedy (S3), Riot (J5R)	5:00 – 7:00
Lady Red (S4), Reaction (S5R)	7:00 – 9:00

### Thursdays

Open Gym	3:00 – 5:00
Shining Starz (Cheer Abilities)	5:30 – 7:00
Power Tumbling	7:00 – 8:00
Open Gym	8:00 – 9:00

### Assigned Tumbling Classes

To take advantage of your included tumbling class, you must attend the class assigned to your team:

Rascals (Y1)	<b>Tuesdays,</b> Gym 1/Back Handspring	4:30 – 5:30
Revive (J2)	<b>Tuesdays,</b> Power Tumbling	7:00 – 8:00
Reflex (Y3)	<b>Tuesdays,</b> Power Tumbling	7:00 – 8:00
Remedy (S3)	<b>Thursdays,</b> Power Tumbling	7:00 – 8:00
Lady Red (S4)	<b>Thursdays,</b> Power Tumbling	7:00 – 8:00
Riot (J5R)	<b>Tuesdays,</b> Power Tumbling	7:00 – 8:00
Reaction (S5R)	<b>Thursdays,</b> Power Tumbling	7:00 – 8:00