

Cheers & More EDMOND

2018-2019 Class Schedule

Updated September 25, 2018

	Gym 1	Gym 2	Gym 3
Sunday	1:00-2:30pm Reign* 2:30-4:00pm Lady Respect* 3:30-6:00pm Lady Rouge*		
Monday	4:00-6:00pm Rubies* 5:00-5:30pm Royalty* 5:30-7:00pm Lady Respect* 6:30-8:30pm Raiders* (6:30-7 room 2)	4:00-5:00pm Royalty* 5:00-5:30pm Rubies* 5:30-6:30pm Rowdies*	4:00-5:00pm Reign Drops 5:00-5:30pm Rowdies* 5:30-6:00pm Rubies* 6:00-7:00pm Youth Hip Hop
Tuesday	4:00-5:30pm Renegades* 5:30-6:30pm Advanced Power Tumbling 6:30-8:00pm Reign*	4:00-5:30pm Regal* 5:30-6:30pm Back Handspring (ages 6-10)	4:30-5:30pm Rec Cheer (ages 7-12) 5:30-6:00pm Flexibility/Fitness 6:00-7:00pm Pom/Hip Hop
Wednesday	4:00-6:00pm Rubies* 5:00-5:30pm Royalty* 5:30-7:00pm Lady Respect* 6:30-8:30pm Lady Rouge* (6:30-7 room 2)	4:00-5:00pm Royalty* 5:00-5:30pm Rubies* 5:30-6:30pm Rowdies*	5:00-5:30pm Rowdies* 5:30-6:00pm Rubies*
Thursday	4:00-5:30pm Renegades* 5:30-6:30pm Power Tumbling 6:30-8:00pm Reign*	4:00-5:30pm Regal* 6:30-7:30pm Back Handspring	5:30-6:30pm Gym I

***Competitive All-Star teams – Evaluations required**

Tumbling Class guidelines:

Gym 1 - (Beginning tumbling)

Back Handspring - (Must have mastered cartwheel & round-off)

Power Tumbling – Intermediate – (Must have mastered round-off back handspring)

Advanced – (Must have mastered round-off back handspring - back tuck)