



## NORMAN 2024-2025 Fall/Spring SCHEDULE

**\*\* August 12<sup>th</sup> - May 16<sup>th</sup> \*\***

For more information or to enroll, please call 341-2390 or visit us at [www.cheersandmore.com](http://www.cheersandmore.com)

### **Sunday**

1:00-3:00pm Code Red (Senior Level 4)  
3:00-3:45pm Level 4 and 5 tumbling  
3:45-5:45pm Riot (Youth/Junior Level 4)  
5:30-7:00pm Reaction (Senior Coed Level 5)

### **Monday**

5:00-6:30pm Reflex (Youth Level 2)  
6:15-7:45pm Reaction (Senior Coed Level 5)  
7:30-8:30pm [Power Tumbling](#)

### **Tuesday**

4:30-5:30pm Mini Ritz (Mini Level 1)  
5:30-6:30pm [Gym/Cheer I](#) (Beginning level)  
5:15-6:45pm Riot (Youth/Junior Level 4)  
6:30-8:00pm Remedy (Junior Level 3)

### **Wednesday**

5:00-6:30pm Reflex (Youth Level 2)  
6:00-7:30pm Reaction (Senior Coed Level 5)  
7:15-9:00pm Code Red (Senior Level 4)

### **Thursday**

4:30-5:30pm Mini Ritz (Mini Level 1)  
5:30-6:30pm [Back handspring class](#)  
5:30-6:30pm Shining Starz (Cheer Abilities)  
6:30-8:00pm Remedy (Junior Level 3)  
7:30-8:30pm Rockers (14U Stunt [new this year](#))

\*Tumbling class fee is \$200 for the Fall session (August through December) and \$200 for the Spring session (January through May) and is due the first day of class\*

\*\*\*Schedule subject to change\*\*\*