



NORMAN 2025-2026 Fall/Spring SCHEDULE

****August 18th - May 21st****

For more information or to enroll, please call 341-2390 or visit us at www.cheersandmore.com

Sunday

12:30-2:30pm Remedy (Junior Level 3)
2:30-4:30pm Code Red (Senior Level 4)
4:30-6:30pm Reaction (Senior Coed Level 5)
6:30-7:00pm Fulls class and Level 5 tumbling

Monday

4:30-5:30pm Tiny Rascals (Tiny Level 1)
4:30-5:30pm [Gym/Cheer 2](#) (Intermediate level)
5:30-7:00pm Remedy (Junior Level 3)
7:00-9:00pm Reaction (Senior Coed Level 5)

Tuesday

4:30-5:30pm Mini Ritz (Mini Level 1)
5:30-6:30pm [Gym/Cheer 1](#) (Beginning level)
5:30-7:00pm Reflex (Youth Level 2)
7:00-8:00pm [Back handspring/Jump class](#)
7:00-8:00pm [Power Tumbling class](#)

Wednesday

4:30-5:30pm Mini Ritz (Mini Level 1)
5:30-6:30pm [Gym/Cheer 1 & 2](#)
6:00-7:30pm Code Red (Senior Level 4)
7:30-9:00pm Reaction (Senior Coed Level 5)

Thursday

4:30-6:00pm Reflex (Youth Level 2)
6:00-7:00pm Shining Starz (Cheer Abilities)
6:00-7:00pm [Flyer stunt class](#)
7:00-8:00pm [Back handspring/Jump class](#)
7:00-8:00pm [Int./Adv. Power Tumbling class](#)

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