

CHEER XPRESS TEAMS SCHOOL YEAR PRACTICE SCHEDULE

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
All-Star "ELITE" Teams					
MOXIE		5:30-7:15		6:00-7:45	
PHOENIX*			5:30-7:00		5:30-7:00
EXPLOSION*			6:00-7:45		6:00-7:45
APEX*		5:30-7:30	5:30-7:30		
REMIX*	5:15-7:15			5:15-7:15	
X-FACTOR*	6:15-8:00		7:15-9:00		
EXQUISITE*	7:00-9:00			7:00-9:00	
X5*	5:15-7:15	5:15-7:15			
LADY X	7:00-9:00	6:30-8:30		6:30-8:30	
All-Star "PREP" Teams & "CHEER ABILITIES" Team					
PIXIES			5:15-6:45		
VORTEX		6:45-8:15			
MATRIX	4:00-5:30				
SUNSHINE					5:45-6:45 6:15-7:15
All-Star "NOVICE" Teams (Half-Year)					
TEENY TINY NOVICE TEAM <i>(Ages 3-5)</i>					5:30-6:30
TINY NOVICE TEAM <i>(Ages 4 ½-6)</i>		5:30-6:30			
MINI NOVICE TEAM <i>(Ages 6-8)</i>			5:15-6:45		
JUNIOR NOVICE TEAM <i>(Ages 9-14)</i>					6:45-8:15

TUMBLING CLASS SCHEDULE

Teams marked with a * are required to attend one tumbling class per week as this is included as part of their weekly practice time & tuition. All other team members are welcome to sign up for a tumbling class or an additional tumbling class for a discounted rate.

Youth- Ages 6-11

Senior- Ages 10-18

CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BRONZE <i>Youth</i>		4:30-5:30		5:00-6:00 6:00-7:00	4:30-5:30
BRONZE <i>Senior</i>	5:30-6:30			4:30-5:30	7:00-8:00
SILVER <i>Youth</i>		4:30-5:30	4:30-5:30 7:45-8:45	5:00-6:00 6:00-7:00	5:00-6:00 7:00-8:00
SILVER <i>Senior</i>	5:15-6:15 8:00-9:00	4:30-5:30	4:30-5:30		4:30-5:30
GOLD <i>Youth & Senior</i>	4:15-5:15 6:00-7:00 7:15-8:15	4:30-5:30 7:30-8:30	4:30-5:30 7:30-8:30	6:00-7:00 7:15-8:15	4:30-5:30 5:00-6:00
DIAMOND <i>Youth & Senior</i>	4:15-5:15	7:15-8:15 8:30-9:30		6:00-7:00	4:30-5:30