

JUNE 2019

North Gym - Practices

cheerextremerichmond.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			STUNT CREATION Golden Girls 9-11am Junior Clique 11am-1pm White Diamonds 2-4pm Xclusive 4-6pm Lady X 6-8pm
9	10	11	12	13	14	15
STUNT CREATION Junior Clique 9-10:30am Golden Girls 10:30am-12pm White Diamonds 12-1:30pm Xclusive 1:30-3pm Lady X 3-4:30pm	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
16	17	18	19	20	21	22
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
23	24	25	26	27	28	29
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
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Gym Closed						

NOTES

Gym Closed June 8th - June 9th for Stunt Creation Choreo (No Privates, Classes or Clinics)

July 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED
7	8	9	10	11	12	13
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
14	15	16	17	18	19	20
	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY	CHOREOGRAPHY
	Golden Girls 10am- 2pm Junior Clique 3 - 7pm	Golden Girls 10am- 2pm Junior Clique 3 - 7pm	White Diamonds 10am - 2pm & 3pm - 7pm	Xclusive 10am- 2pm Lady X 3 - 7pm	Xclusive 10am- 2pm Lady X 3 - 7pm	Junior Clique 10am - 12pm White Diamonds 12 - 2pm Golden Girls 3 - 5pm Xclusive 5 - 7pm Lady X 7 - 9pm
	Team Practice	Team Practice	Team Practice			
	Teal Tiaras 7-8:30pm	Purple Crowns 7-8:30pm	Hot Tamales 7-8pm Lime Ladies 7-8:30pm			
21	22	23	24	25	26	27
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm		CHOREOGRAPHY	CHOREOGRAPHY
					Lime Ladies 10am - 3pm	Lime Ladies 10am - 3pm
28	29	30	31			
CHOREOGRAPHY	CHOREOGRAPHY	Purple Crowns 6-8pm	Hot Tamales 6-7:30pm			
Purple Crowns 9-6pm	Teal Tiaras 9-6pm	White Diamonds 7-9pm	Golden Girls 6-8pm			
	Team Practice	Xclusive 7-9pm	Lime Ladies 7-9pm			
	Junior Clique 6-8pm Lady X 7-9pm					

NOTES

Summer Break June 30th - July 7th

Choreography July 15th - 20th : Xclusive, Junior Clique, Lady X, Golden Girls & White Diamonds

Choreography July 26th - 29th : Teal Tiaras, Lime Ladies & Purple Crowns

August 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
11	12	13	14	15	16	17
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
18	19	20	21	22	23	24
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			
25	26	27	28	29	30	31
	Teal Tiaras 6-8pm Junior Clique 6-8pm Lady X 7-9pm	Purple Crowns 6-8pm White Diamonds 7-9pm Xclusive 7-9pm	Hot Tamales 6-7:30pm Golden Girls 6-8pm Lime Ladies 7-9pm			

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September 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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October 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
<p><i>CEA SHOWCASE</i> <i>WAKE FOREST, NC</i> <i>All Teams</i></p>						

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November 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	27
						<i>Cheersport</i> <i>Maryland Grand Championship</i> <i>Baltimore, MD</i> <i>All Teams (Except Minis)</i>
24	25	26	27	28	29	30

NOTES

December 2019

North Gym - Practices

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
28	30	31				

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