

2019 Timetable

Monday												
Cheer Room	COACHES	Panels	COACHES	Upstairs Dance	COACHES	Tumble Room	COACHES	Downstairs Dance	COACHES			
4:00pm - 4:30pm				Dance Duo Junior Pom (Rebecca and Bella) 4:00pm - 4:30pm	Ash	Beginner 4:00pm - 5:00pm	EJ / Quinn	Dance Duo Open (Fiona and Demelza) 4:00pm - 4:30pm	Lanna			
4:30pm - 5:00pm	Junior 2 - FORCE 4pm - 6pm	Jess / Michael / Maddy	Senior 3 - SURGE 4:30pm - 6:30pm	Tania / Fiona / Brooke	Dance Duo Open Pom (Taylor and Tamara) 4:30pm - 5:00pm	Quinn						
5:00pm - 5:30pm							Youth Novice Pom - FUSION 5:00pm - 6:00pm	Quinn / Maddy	Level 1 5:00pm - 6:00pm	EJ / Ash		
5:30pm - 6:00pm										Level 2 6:00pm - 7:00pm	Michael	Dance Technique
6:00pm - 6:30pm	Junior 1 - CHARGE 6pm - 8pm	Kim / Lanna / Brit	Flyer Development Class 6:30pm - 7:30pm	Tania	Senior Pom Novice - SOLAR 6:30pm - 7:30pm	Jess	Level 3 7:00pm - 8:00pm	Fiona / Brooke				
6:30pm - 7:00pm							Youth Pom - FLASH 7:30pm - 8:30pm	Ash	Level 1 8:00pm - 9:00pm	EJ / Brooke		
7:00pm - 7:30pm							Open Coed 4.2 - VOLTAGE 7:30pm - 9:30pm	Michael / Kim				
7:30pm - 8:00pm												
8:00pm - 8:30pm												
8:30pm - 9:00pm												
9:00pm - 9:30pm												
				Open Pom - THUNDER 8:30pm - 9:30pm	Kaitie							

Tuesday											
Cheer Room	COACHES	Panels	COACHES	Upstairs Dance	COACHES	Tumble Room	COACHES	Downstairs Dance	COACHES		
4:00pm - 4:30pm				Youth Novice Hiphop 4:00 - 5:00pm	Fiona	Level 2 4:00pm - 5:00pm	Michael				
4:30pm - 5:00pm	Youth Novice - SPARK 4pm - 6pm	Jess / Ash	Senior 4 - ILLUMINATE 4:30pm - 6:30pm	Lanna / Tania	Junior Novice Pom - KINETIC 5:00pm - 6:00pm	Fiona	Level 1 5:00pm - 6:00pm	Dey			
5:00pm - 5:30pm											
5:30pm - 6:00pm											
6:00pm - 6:30pm	Senior 1 - NITRO 6pm - 8pm	Fiona / Dey	Flyer Development Class 6:30pm - 7:30pm	Tania	Senior Pom - ELECTRIC 6:30pm - 7:30pm	Lanna	Level 4/5 6:30pm - 7:30pm	Michael / Jess	Dance Technique	Ash	
6:30pm - 7:00pm											
7:00pm - 7:30pm								Youth Novice Jazz 7:30pm - 8:30pm	Ash		
7:30pm - 8:00pm											
8:00pm - 8:30pm				Open Coed 5 - LIGHTNING 7:30pm - 9:30pm	Michael / Lanna						
8:30pm - 9:00pm											
9:00pm - 9:30pm											

Wednesday											
Cheer Room	COACHES	Panels	COACHES	Upstairs Dance	COACHES	Tumble Room	COACHES	Downstairs Dance	COACHES		
4:00pm - 4:30pm				Mini Novice Pom - MINI BOLTS 4:00pm - 5:00pm	Ash / Quinn	Level 1 4:00pm - 5:00pm	EJ				
4:30pm - 5:00pm	Junior 2 - FORCE 4pm - 6pm	Jess / Michael / Maddy	Senior 3 - SURGE 4:30pm - 6:30pm	Tania / Fiona / Brooke	Youth Novice Pom - FUSION 5:00pm - 6:00pm	Quinn / Maddy	Beginner 5:00pm - 6:00pm	EJ			
5:00pm - 5:30pm											
5:30pm - 6:00pm											
6:00pm - 6:30pm	Junior 1 - CHARGE 6pm - 8pm	Kim / Lanna / Brit	Open Coed 4.2 - VOLTAGE 7:30pm - 9:30pm	Michael / Kim	Senior Pom Novice - SOLAR 6:30pm - 7:30pm	Jess	BOYS ONLY 6:00pm - 7:00pm	Michael			
6:30pm - 7:00pm											
7:00pm - 7:30pm								Youth Pom - FLASH 7:30pm - 8:30pm	Ash	Level 2 7:00pm - 8:00pm	Tania / Brooke
7:30pm - 8:00pm											
8:00pm - 8:30pm											
8:30pm - 9:00pm											
9:00pm - 9:30pm											
				Open Pom - THUNDER 8:30pm - 9:30pm	Kaitie						

Thursday											
Cheer Room	COACHES	Panels	COACHES	Upstairs Dance	COACHES	Tumble Room	COACHES	Downstairs Dance	COACHES		
4:00pm - 4:30pm				Dance Duo Youth Pom (Cha and Eb) 4:00pm - 4:30pm	Lanna	Level 2 4:00pm - 5:00pm	Fiona				
4:30pm - 5:00pm	Youth Novice - SPARK 4pm - 6pm	Jess / Ash	Senior 4 - ILLUMINATE 4:30pm - 6:30pm	Lanna / Tania	Junior Novice Pom - KINETIC 5:00pm - 6:00pm	Fiona	Level 1 5:00pm - 6:00pm	Dey			
5:00pm - 5:30pm											
5:30pm - 6:00pm											
6:00pm - 6:30pm	Senior 1 - NITRO 6pm - 8pm	Fiona / Dey	Open Coed 5 - LIGHTNING 7:30pm - 9:30pm	Michael / Lanna	Senior Pom - ELECTRIC 6:30pm - 7:30pm	Lanna	Level 4/5 6:30pm - 7:30pm	Michael / Jess			
6:30pm - 7:00pm											
7:00pm - 7:30pm								Adult Pom - STATIC 7:30pm - 9:00pm	Ash		
7:30pm - 8:00pm											
8:00pm - 8:30pm											
8:30pm - 9:00pm											
9:00pm - 9:30pm											

Friday											
Cheer Room	COACHES	Panels	COACHES	Upstairs Dance	COACHES	Tumble Room	COACHES	Downstairs Dance	COACHES		
4:00pm - 4:30pm	Tiny Novice - TINY TURBOS 4:00pm - 5:00pm	EJ / Brit	Mini Novice Cheer - MINI MUSCLE 4:30pm - 6:00pm	Jess / Quinn	Youth Novice - GRAVITY (Semi Competitive Pom) 4:00pm - 5:00pm	Dey	Beginner/Level 1 4:00pm - 5:00pm	Fiona / Maddy			
4:30pm - 5:00pm											
5:00pm - 5:30pm	Junior Novice - HYDRO (Semi Competitive Cheer) 5:00pm - 7:00pm	EJ / Fiona	Group Stunt (ALL ages/levels) 6:00pm - 7:00pm	Michael	Tiny Novice Pom - TINY TWINKLES 5:00pm - 6:00pm	Ash / Maddy	Level 4/5 5:00pm - 6:00pm	Michael			
5:30pm - 6:00pm											
6:00pm - 6:30pm								Open Pom Duo - QUASH	Lanna	Level 2 6:00pm - 7:00pm	Dey / Brit
6:30pm - 7:00pm											
7pm - 8pm	Open Gym 7pm - 9pm FORTNIGHTLY										
8pm - 9pm	Open Gym 7pm - 9pm FORTNIGHTLY										