



TIMETABLE 2023-2024

| Tuesday | | Wednesday | Thursday | | Friday | | *Sunday* |
|--|---|---|--|--|---|--|--|
| 5:15-6:15pm DYNAMITE Youth L1 GS Age 9-11 | 5:30-6:30pm EMBER Tiny Prep L1 Age 5-6 | 4:30-5:15pm REC CHEER Tiny Rec Age 4-5 | 5:15-6pm SPARKLE Tiny Novice Age 4-5 | 5:30-6:45pm ILLUMINATE Mini L1 Age 7-8 | 4:30-5:30pm (TBC) Mini L1 GS Age 7-8 | | *9am-12pm* SMOKE Junior Travel Age 8-14 |
| 6-7:15pm BLAZE Youth Prep L1 Age 9-11 | 6-7:15pm IGNITE Youth L1 Age 9-11 | 5:15-6:15pm REC CHEER Mini Rec Age 6-8 | 5:30-6:45pm GLIMMER Mini Prep L1 Age 7-8 | 6-7pm GLITZ Junior Pom Age 10+ | 5:15-6:45pm PHOENIX Junior L2.1 Age 8-14 | 5:15-6:45pm INFERNO Junior L2 Age 8-14 | *10:30am-1pm* FLAME Mini Travel Age 6-8 |
| 7-8pm HEAT Junior L3 GS Age 10-14 | 7-8pm TUMBLING Age 9-11 L1 | | 6:30-7:30pm TUMBLING Age 4-8 L1 | 6:45-7:45pm GLOW GIRLS Mini Pom Age 6-9 | 6:30-7:30pm TUMBLING Age 12+ & L2 | *6:30-8pm* SMOKE Junior Travel Age 8-14 | *11:30-1pm* TUMBLING Age 4+ All Levels |
| | *6:45-8pm* FLAME Mini Travel Age 6-8 | | 6:45-8pm REC CHEER Youth/Jun Rec Age 9-14 | 7:30-8:30pm FLARE Junior Jazz Age 10+ | | | |

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| Competitive Cheer Team |
| Competitive Group Stunt Team |

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| Competitive Dance Team |
| Competitive Cheer Travel Team |

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| Recreational Cheer Class |
| Tumbling/Stretch/Conditioning |

All weekday training takes place at Iveshead School, Shepshed.

Sunday training takes place at LAGC - Loughborough.

All training marked (*) is once a month - see Travel Team info sheets and Sunday Tumbling dates sheet for full list of dates