



AUGUST 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 9:00-10:30 - BLUE OASIS 10:00-11:00 - ROLL TOT 10:30-12:00 - SWEET ESCAPE 11:00-12:00 - GYM TOT 12:00-1:00 - KINDERTOT 12:00-1:00 - TUMBLING 101 12:00-1:00 - FLEX, FLY & JUMP 1:00-2:30 - CANCUN 2:30-4:00 - ARUBA 4:30-6:00 - PETITES PREP 4:00-5:15 - ISLAND CRUSH 5:15-6:30 - MALIBU 6:00-7:00 - ROLL TOT 6:30-7:30 - TUMBLING 101 7:00-8:00 - GYM TOT 7:30-8:45 - COASTAL	2 9:30-12:00 - XCEL JUNIORS 10:00-10:45 - FLEX, JUMP & FLY 11:30-1:30 - XCEL MINIS 11:00-12:00 - TUMBLING 102 1:00-2:30 - XCEL PETITES 12:00-2:00 - MIAMI BEACH 2:00-3:00 - ELITE TEAM TUMBLE 3:00-5:00 - BALI	3 9:00-11:00AM - ARUBA 10:30-11:30A- PLAYFUL PARENT 11:00-1:00PM - CANCUN 11:00-12:00PM - TUMBLE 101 12:30-1:30PM - TUMBLE TOTS 1:00-2:00PM - TUMBLE 102 2:00-4:00PM - SWEET ESCAPE 5:30-6:30PM - PLAYFUL PARENT 4:00-6:00PM - BLUE OASIS	4 <i>Fall & Winter Class Registration Begins</i> <i>Cheer Haven All-Stars</i> <i>Noovice Team Choreography</i> 3:00-4:30PM-ISLAND CRUSH 5:00-6:30PM - MALIBU 7:00-8:30PM - COASTAL	5 <i>Cheer Haven All-Stars</i> <i>Noovice Team Choreography</i> 9-10:30AM-ISLAND CRUSH 11:00-12:30PM - MALIBU 1:00-2:30PM - COASTAL
6 <i>Cheer Haven All-Stars</i> <i>Noovice Team Choreography</i> 2-3:00PM - ISLAND CRUSH 3:00-4:00PM - MALIBU 4:00-5:00PM - COASTAL	7 9:30-11:00AM - XCEL PETITES 10:30-12:30PM - XCEL MINIS 12:00-2:30PM - XCEL JUNIORS 11:30-12:30PM - FLEX/FLY CLASS 12:30-2:00PM - MIAMI BEACH 2:00-3:00PM - TUMBLING 103 3:00-4:30PM - BALI 4:00-5:00PM - ROLL TOT 4:30-5:30PM - GYMNASTICS 101 5:00-6:00PM - GYM TOT 5:30-6:30PM - GYMNASTICS 102 6:00-7:00PM - KINDER TOT 7:00-8:00PM - KINDERGYM 8:00-9:00PM - AGES 10&UP TUMBLE	8 9:00-10:30 - BLUE OASIS 10:00-11:00 - ROLL TOT 10:30-12:00 - SWEET ESCAPE 11:00-12:00 - GYM TOT 12:00-1:00 - KINDERTOT 12:00-1:00 - TUMBLING 101 12:00-1:00 - FLEX, FLY & JUMP 1:00-2:30 - CANCUN 2:30-4:00 - ARUBA 4:30-6:00 - PETITES PREP 4:00-5:15 - ISLAND CRUSH 5:15-6:30 - MALIBU 6:00-7:00 - ROLL TOT 6:30-7:30 - TUMBLING 101 7:00-8:00 - GYM TOT 7:30-8:45 - COASTAL	9 9:30-12:00 - XCEL JUNIORS 10:00-10:45 - FLEX, JUMP & FLY 11:30-1:30 - XCEL MINIS 11:00-12:00 - TUMBLING 102 1:00-2:30 - XCEL PETITES 12:00-2:00 - MIAMI BEACH 2:00-3:00 - ELITE TEAM TUMBLE 3:00-5:00 - BALI	10 9:00-11:00AM - ARUBA 10:30-11:30A- PLAYFUL PARENT 11:00-1:00PM - CANCUN 11:00-12:00PM - TUMBLE 101 12:30-1:30PM - TUMBLE TOTS 1:00-2:00PM - TUMBLE 102 2:00-4:00PM - SWEET ESCAPE 5:30-6:30PM - PLAYFUL PARENT 4:00-6:00PM - BLUE OASIS	11 <i>Open Tumble</i> <i>OPEN TO THE PUBLIC</i> <i>SIGN-UP ONLINE</i> 4:00-5:30PM	12
13	14 9:30-11:00AM - XCEL PETITES 10:30-12:30PM - XCEL MINIS 12:00-2:30PM - XCEL JUNIORS 11:30-12:30PM - FLEX/FLY CLASS 12:30-2:00PM - MIAMI BEACH 2:00-3:00PM - TUMBLING 103 3:00-4:30PM - BALI 4:00-5:00PM - ROLL TOT 4:30-5:30PM - GYMNASTICS 101 5:00-6:00PM - GYM TOT 5:30-6:30PM - GYMNASTICS 102 6:00-7:00PM - KINDER TOT 7:00-8:00PM - KINDERGYM 8:00-9:00PM - AGES 10&UP TUMBLE	15 9:00-10:30 - BLUE OASIS 10:00-11:00 - ROLL TOT 10:30-12:00 - SWEET ESCAPE 11:00-12:00 - GYM TOT 12:00-1:00 - KINDERTOT 12:00-1:00 - TUMBLING 101 12:00-1:00 - FLEX, FLY & JUMP 1:00-2:30 - CANCUN 2:30-4:00 - ARUBA 4:30-6:00 - PETITES PREP 4:00-5:15 - ISLAND CRUSH 5:15-6:30 - MALIBU 6:00-7:00 - ROLL TOT 6:30-7:30 - TUMBLING 101 7:00-8:00 - GYM TOT 7:30-8:45 - COASTAL	16 9:30-12:00 - XCEL JUNIORS 10:00-10:45 - FLEX, JUMP & FLY 11:30-1:30 - XCEL MINIS 11:00-12:00 - TUMBLING 102 1:00-2:30 - XCEL PETITES 12:00-2:00 - MIAMI BEACH 2:00-3:00 - ELITE TEAM TUMBLE 3:00-5:00 - BALI	17 9:00-11:00AM - ARUBA 10:30-11:30A- PLAYFUL PARENT 11:00-1:00PM - CANCUN 11:00-12:00PM - TUMBLE 101 12:30-1:30PM - TUMBLE TOTS 1:00-2:00PM - TUMBLE 102 2:00-4:00PM - SWEET ESCAPE 5:30-6:30PM - PLAYFUL PARENT 4:00-6:00PM - BLUE OASIS	18 <i>Tumbling Clinic</i> LEVELS 1-3 9:30-11AM - TUMBLING 11:00-11:30AM - LUNCH BREAK 11:30-12:30PM - OPEN TUMBLE \$35/ATHLETE <i>Register Online</i>	19 <i>Birthday Party</i> 2:00-4:00PM
20 <i>Summer Class</i> FINAL WEEK FOR SESSION II FALL SCHEDULE BEGINS TUESDAY, SEPTEMBER 5TH	21 9:30-11:00AM - XCEL PETITES 10:30-12:30PM - XCEL MINIS 12:00-2:30PM - XCEL JUNIORS 11:30-12:30PM - FLEX/FLY CLASS 12:30-2:00PM - MIAMI BEACH 2:00-3:00PM - TUMBLING 103 3:00-4:30PM - BALI 4:30-6:00PM - BLUE OASIS 4:00-5:00PM - ROLL TOT 4:30-5:30PM - GYMNASTICS 101 5:00-6:00PM - GYM TOT 5:30-6:30PM - GYMNASTICS 102 6:00-7:00PM - KINDER TOT 7:00-8:00PM - KINDERGYM 8:00-9:00PM - AGES 10&UP TUMBLE	22 9:00-11:00 - ROLL TOT 9:00-11:00 - SWEET ESCAPE 11:00-12:00 - FLEX, FLY & JUMP 11:00-12:00 - GYM TOT 12:00-1:00 - KINDERTOT 12:00-1:00 - TUMBLING 101 12:00-1:00 - FLEX, FLY & JUMP 2:00-2:00 - CANCUN 2:00-4:00 - ARUBA 4:30-6:00 - PETITES PREP 4:00-5:15 - ISLAND CRUSH 5:15-6:30 - MALIBU 6:00-7:00 - ROLL TOT 6:30-7:30 - TUMBLING 101 7:00-8:00 - GYM TOT 7:30-8:45 - COASTAL	23 9:30-12:00 - XCEL JUNIORS 10:00-10:45 - FLEX, JUMP & FLY 11:30-1:30 - XCEL MINIS 11:00-12:00 - TUMBLING 102 1:00-2:30 - XCEL PETITES 2:00-3:00 - ELITE TEAM TUMBLE 3:00-5:00 - BALI 5:00-7:00 - MIAMI BEACH	24 10:30-11:30AM - PLAYFUL PARENTING 12:30-1:30PM - TUMBLE TOTS 4:30-6:00PM - BLUE OASIS 4:30-6:00PM - ARUBA 5:30-6:30PM - PLAYFUL PARENTING 6:00-7:30PM - CANCUN 6:15-7:15PM - TUMBLING 101 6:15-7:15PM - TUMBLING 102 7:30-9:00PM - SWEET ESCAPE	25	26
27	28 4:30-6:30PM - BLUE OASIS 5:00-7:00PM - MIAMI BEACH 6:30-8:30PM - SWEET ESCAPE 7:00-9:00PM - BALI	29 <i>Tumbling Boost</i> 5:00-6:00 - WALKOVER BOOST 6:00-7:00 - FLEX, JUMP & FLY 7:00-8:00 - HANDSPRING BOOST 8:00-9:00 - TUCK/LAYOUT BOOST	30 4:30-6:00PM - XCEL PETITES 4:30-6:30PM - CANCUN 6:00-7:30PM - XCEL MINIS 6:30-8:30PM - ARUBA 7:00-8:30PM - XCEL JUNIORS	31 <i>Staff Meeting</i> 4:30-6:30PM	<div style="border: 1px solid black; padding: 10px;"> <p>FALL/WINTER CLASS SCHEDULE BEGINS TUESDAY, SEPTEMBER 5TH GYM CLOSED MON. SEP. 4TH FOR LABOR DAY HOLIDAY SAVE THE DATE: SATURDAY, SEPTEMBER 16TH - NATIONAL ALL-STAR CHEER, DANCE & GYMNASTICS DAY</p> </div>	