

~ TNT Nitro Elite Calendar April 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|---|---|---|---|-----------|---------------|
| | | | | 1 | 2 | 3 |
| 4 No Practice | 5 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 6 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 7 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 8 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 9 | 10 |
| 11 Sr. Cheer 1-4:30 | 12 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 13 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 14 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 15 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 16 | 17 |
| 18 Sr. Cheer 1-4:30 | 19 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 20 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 21 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 22 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 23 | 24 |
| 25 No Practice | 26 No Practices | 27 No Practices | 28 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 29 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 30 | Notes: |

~TNT Nitro Elite Calendar May 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|--|
| | | | | | | 1 |
| 2 Sr. Cheer 1-4:30 | 3 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 4 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 5 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 6 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 7 | 8 |
| 9 Sr. Cheer 1-4:30 | 10 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 11 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 12 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 13 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 14 Mini Cheer & Mini Hip Hop Sleepover Drop off 8pm Pick up 8:30am | 15 Sr Open & Jr. Hip Hop Sleepover Drop off 8pm Pick up 10am |
| 16 Sr. Cheer 1-4:30 | 17 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 18 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 19 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 20 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 21 Yth Hip Hop & Yth Cheer Sleepover Drop off 8pm Pick Up 8:30am | 22 Sr 5 & Sr Hip Hop Sleepover Drop off 8pm Pick up 10am |
| 23 Sr. Cheer 1-4:30 | 24 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 25 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 26 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 27 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 28 | 29 GYM CLOSED |
| 30 GYM CLOSED No Practice | 31 GYM CLOSED No Practice | Notes: | | | | |

~ TNT Nitro Elite Calendar June 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|-----------|--|
| | | 1 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 2 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 3 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 4 | 5 |
| 6 Sr. Cheer 1-4:30 | 7 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 8 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 9 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 10 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 11 | 12 Mini Cheer Camp 12:30-3:30 |
| 13 Sr. 5 Cheer Camp 1pm-6pm | 14 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 15 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 16 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 17 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 18 | 19 |
| 20 Sr. Cheer 1-4:30 | 21 Hip Hop Hype Summer Camp 9-noon Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 22 Hip Hop Hype Summer Camp 9-noon Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 23 Hip Hop Hype Summer Camp 9-noon Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 24 Hip Hop Hype Summer Camp 9-noon Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 25 | 26 |
| 27 Sr. Cheer 1-4:30 | 28 Sr Open Camp 9am-noon Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 29 Youth Camp 9am-noon Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 30 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | Notes: | | |

~ TNT Nitro Elite Calendar July 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|--|--|--|--|-----------|------------------------|
| | | | | 1 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 2 | 3 GYM CLOSED |
| 4 GYM CLOSED | 5 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 6 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 7 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 8 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 9 | 10 |
| 11 Sr. Cheer 1-4:30 | 12 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 13 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 14 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 15 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 16 | 17 |
| 18 Sr. Cheer 1-4:30 | 19 TNT Summer Camp 9am-noon Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 20 TNT Summer Camp 9am-noon Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 21 TNT Summer Camp 9am-noon Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 22 TNT Summer Camp 9am-noon Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 23 | 24 |
| 25 Sr. Cheer 1-4:30 | 26 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 27 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 28 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 29 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 30 | 31 |

~ TNT Nitro Elite Calendar August 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|---|---|
| 1 Sr. Cheer 1-4:30 | 2 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 3 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 4 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 5 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 6 | 7 |
| 8 Sr. Cheer 1-4:30 | 9 Cheer 101 Summer Camp 9am-noon Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 10 Cheer 101 Summer Camp 9am-noon Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 11 Cheer 101 Summer Camp 9am-noon Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 12 Cheer 101 Summer Camp 9am-noon Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 13 | 14 |
| 15 Sr. Cheer 1-4:30 | 16 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 17 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 18 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 19 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 20 | 21 |
| 22 Sr. Cheer 1-4:30 | 23 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 24 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 25 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 26 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 27 Possible Competition Weekend | 28 Possible Competition Weekend |
| 29 Sr. Cheer 1-4:30 Possible Competition Weekend | 30 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 31 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | Notes: | | | |

| ~ TNT Nitro Elite Calendar September 2010 ~ | | | | | | |
|---|--|---|---|---|---------------|------------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 2 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 3 | 4 GYM CLOSED |
| 5 GYM CLOSED No Practice | 6 GYM CLOSED No Practices | 7 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 8 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 9 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 10 | 11 |
| 12 Sr. Cheer 1-4:30 | 13 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 14 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 15 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 16 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 17 | 18 |
| 19 Sr. Cheer 1-4:30 | 20 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 21 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 22 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 23 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 24 | 25 |
| 26 Sr. Cheer 1-4:30 | 27 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 28 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 29 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 30 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | Notes: | |

~TNT Nitro Elite Calendar October 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------|---|---|---|---|---|---|
| | | | | | 1 | 2 |
| 3 Sr. Cheer 1-4:30 | 4 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 5 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 6 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 7 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 8 | 9 |
| 10 Sr. Cheer 1-4:30 | 11 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 12 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 13 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 14 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 15 Possible Competition Weekend | 16 Possible Competition Weekend |
| 17 Sr. Cheer 1-4:30 | 18 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 19 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 20 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 21 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 22 Possible Competition Weekend | 23 Possible Competition Weekend |
| 24 Sr. Cheer 1-4:30 | 25 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 26 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 27 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 28 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 29 | 30 |
| 31 Sr. Cheer 1-4:30 | Notes: | | | | | |

~ TNT Nitro Elite Calendar November 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|--|
| | 1 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 2 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 3 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 4 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 5 Possible Competition Weekend | 6 Possible Competition Weekend |
| 7 Sr. Cheer 1-4:30 Possible Competition Weekend | 8 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 9 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 10 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 11 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 12 | 13 |
| 14 Sr. Cheer 1-4:30 | 15 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 16 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 17 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 18 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 19 | 20 |
| 21 Sr. Cheer 1-4:30 | 22 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 23 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 24 GYM CLOSED No Practices | 25 GYM CLOSED No Practices | 26 | 27 GYM CLOSED No Practices |
| 28 GYM CLOSED No Practices | 29 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 30 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | Notes: | | | |

~ TNT Nitro Elite Calendar December 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|-----------|---|
| | | | 1 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 2 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 3 | 4 |
| 5 Sr. Cheer 1-4:30 | 6 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 7 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 8 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 9 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 10 | 11 |
| 12 Sr. Cheer 1-4:30 | 13 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 14 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 15 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 16 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 17 | 18 |
| 19 Sr. Cheer 1-4:30 | 20 GYM CLOSED No Practices | 21 GYM CLOSED No Practices | 22 GYM CLOSED No Practices | 23 GYM CLOSED No Practices | 24 | 25 GYM CLOSED No Practices |
| 26 GYM CLOSED No Practices | 27 GYM CLOSED No Practices | 28 GYM CLOSED No Practices | 29 GYM CLOSED No Practices | 30 GYM CLOSED No Practices | 31 | Notes: |

~ TNT Nitro Elite Calendar January 2011 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 Sr. Cheer 1-4:30 | 3 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 4 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 5 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 6 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 7 | 8 |
| 9 Sr. Cheer 1-4:30 | 10 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 11 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 12 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 13 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 14 | 15 |
| 16 Sr. Cheer 1-4:30 | 17 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 18 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 19 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 20 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 21 | 22 |
| 23 Sr. Cheer 1-4:30 | 24 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 25 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 26 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 27 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 28 Possible Competition Weekend | 29 Possible Competition Weekend |
| 30 Possible Competition Weekend Sr. Cheer 1-4:30 | 31 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | | | | | |

| ~ TNT Nitro Elite Calendar February 2011 ~ | | | | | | |
|---|--|---|---|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 2 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 3 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 4 | 5 |
| 6 Sr. Cheer 1-4:30 | 7 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 8 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 9 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 10 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 11 | 12 |
| 13 Sr. Cheer 1-4:30 | 14 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 15 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 16 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 17 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 18 Possible Competition Weekend | 19 Possible Competition Weekend |
| 20 Possible Competition Weekend Sr. Cheer 1-4:30 | 21 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 22 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 23 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 24 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 25 Possible Competition Weekend | 26 Possible Competition Weekend |
| 27 Possible Competition Weekend Sr. Cheer 1-4:30 | 28 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | | | | | |

~ TNT Nitro Elite Calendar March 2011 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|--|
| | | 1 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 2 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 3 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 4 Possible Competition Weekend | 5 Possible Competition Weekend |
| 6 Possible Competition Weekend Sr. Cheer 1-4:30 | 7 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 8 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 9 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 10 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 11 | 12 |
| 13 Sr. Cheer 1-4:30 | 14 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 15 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 16 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 17 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 18 | 19 |
| 20 Sr. Cheer 1-4:30 | 21 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 22 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 23 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 24 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | 25 | 26 |
| 27 Sr. Cheer 1-4:30 | 28 Yth Cheer 5:30-7:30 Tiny Cheer 6:30-7:15 Flex/Condition 7:30-8:00 High Volt 8-9 | 29 Mini Hip Hop 5:30-6:30 Yth Hip Hop 6:30-8:30 High Volt 8-9 | 30 Flex/Condition Level 1&2 5-5:30 Level 3&5 5-6 Mini Cheer 5:30-7 Sr Open 6-9 | 31 Sr Hip Hop 5:30-8:30 Jr Hip Hop 5:30-8:00 Power Fundamentals 8-9 | | |