

SBD

Upland Practice & Class Schedule

DIVAS IN TRAINING

4:00 - 5:00 PM
Tuesdays
Wednesdays

INTRO

4:00 - 5:00 PM
Monday
Thursday

LEVEL 1

4:00 - 5:00 PM
Tuesday
Thursday
6:00 - 7:00 PM
Thursday

INTRO / LEVEL 1

5:30 - 6:30 PM
Friday

LEVEL 2

4:30 - 5:30 PM
Friday
6:00 - 7:00 PM
Tuesday
7:00 - 8:00 PM
Monday
Wednesday

LEVEL 3

4:00 - 5:00 PM
Monday
5:00 - 6:00 PM
Tuesday
7:30 - 8:30 PM
Thursday

LEVEL 3 / 4

5:30 - 6:30 PM
Friday

LEVEL 4+

6:00 - 7:00 PM
Thursday

FLYER FLEX

4:30 - 5:30 PM
Friday
5:00 - 6:00 PM
Monday
Tuesday
7:30 - 8:30 PM
Tuesday

JUMPS & FLEX

4:00 - 5:00 PM
Wednesday
5:00 - 6:00 PM
Thursday

HS CLASSES

Monday
4:00 - 6:00 PM
La Puente HS
6:00 - 7:00 PM
HS Prep

Tuesday & Wednesday

3:30 - 4:30 PM
WCHS Tumbling

OPEN GYM

6:00 - 7:30 PM
Saturday

SHOW & NON-TRAVEL

Tuesday & Thursday
5:00 - 6:00 PM
Tiny Cheer

Tuesday & Thursday
6:30 - 7:30 PM
Half Year Cheer

Wednesday
5:00 - 6:00 PM
Novice Cheer

Sparkle
Tuesday & Thursday
5:00 - 6:30 PM
Saturday*

9:00 - 10:30 AM
**First available Saturday of
the month*

TRAVEL TEAMS

Dazzle
Tuesday & Thursday
5:00 - 6:30 PM
Saturday
11:00 AM - 1:00 PM

J-Glam
Monday & Wednesday
4:30 - 6:30 PM
Sunday
11:30 - 1:30 PM

Obsession
Tuesday & Thursday
7:00 - 8:30 PM
Saturday
9:00 - 11:00 AM

Lady Legends
Monday & Wednesday
7:00 - 9:00 PM
Sunday
10:30 - 12:00 PM

J-Silv3r
Monday & Wednesday
5:30 - 7:30 PM
Sunday
12:30 - 2:00 PM

Clique
Monday
7:30 - 9:00 PM
Wednesday
7:30 - 9:30 PM
Sunday
9:00 - 11:00 AM