

2025

September

Gym Closures:
August 27–Sept 2nd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GYM CLOSED	2 GYM CLOSED	3 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	4 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	5	6
7	8 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	9 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	10 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	11 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	12	13
14	15 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	16 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	17 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	18 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	19	20
21	22 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	23 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	24 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	25 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM	26	27
28 Jr Combat & Strykers 1:30PM–3:30PM Lady Lieutenants 3:30PM–5:30PM Regulators & G.I. Janes 5:30PM–7:30PM	29 Jr Combat 5:30PM–7:30PM Lady Lieutenants 7:00PM–9:00PM	30 Strykers 5:30PM–7:30PM Regulators & G.I. Janes 7:00PM–9:00PM				

2025

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	2 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	3	4
5	6 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	7 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	8 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	9 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	10	11
12 Jr Combat & Strykers 1:30PM-3:30PM Lady Lieutenants 3:30PM-5:30PM Regulators & G.I. Janes 5:30PM-7:30PM	13 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	14 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	15 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	16 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	17	18
19	20 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	21 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	22 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	23 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	24	25
26 Jr Combat & Strykers 1:30PM-3:30PM Lady Lieutenants 3:30PM-5:30PM Regulators & G.I. Janes 5:30PM-7:30PM	27 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	28 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	29 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	30 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	31	

2025

November

Gym Closures:
November 26-30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	4 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	5 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	6 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	7	8
9 Jr Combat & Strykers 1:30PM-3:30PM Lady Lieutenants 3:30PM-5:30PM Regulators & G.I. Janes 5:30PM-7:30PM	10 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	11 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	12 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	13 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	14	15
16	17 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	18 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	19 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	20 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	21	22
23 Jr Combat & Strykers 1:30PM-3:30PM Lady Lieutenants 3:30PM-5:30PM Regulators & G.I. Janes 5:30PM-7:30PM	24 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	25 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	26 GYM CLOSED	27 GYM CLOSED	28 GYM CLOSED	29 GYM CLOSED

Gym Closures:

December 19th-Jan 2

2025

December

Important Dates:

Showcase - 14th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>2</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>3</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>4</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>5</div>	<div>6</div>
<div>7</div> <div>*Potential Sunday Practice if needed for showcase prep</div>	<div>8</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>9</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>10</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>11</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>12</div>	<div>13</div>
<div>14</div> <div>SHOWCASE</div>	<div>15</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>16</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>17</div> <div>Jr Combat</div> <div>5:30PM-7:30PM</div> <div>Lady Lieutenants</div> <div>7:00PM-9:00PM</div>	<div>18</div> <div>Strykers</div> <div>5:30PM-7:30PM</div> <div>Regulators & G.I. Janes</div> <div>7:00PM-9:00PM</div>	<div>19</div> <div>GYM CLOSED</div>	<div>20</div> <div>GYM CLOSED</div>
<div>21</div> <div>GYM CLOSED</div>	<div>22</div> <div>GYM CLOSED</div>	<div>23</div> <div>GYM CLOSED</div>	<div>24</div> <div>GYM CLOSED</div>	<div>25</div> <div>GYM CLOSED</div>	<div>26</div> <div>GYM CLOSED</div>	<div>27</div> <div>GYM CLOSED</div>
<div>28</div> <div>GYM CLOSED</div>	<div>29</div> <div>GYM CLOSED</div>	<div>30</div> <div>GYM CLOSED</div>	<div>31</div> <div>GYM CLOSED</div>			

2026

January

Gym Closures:
December 19th-Jan 2

Important Dates:
Aloha 10th-11th
ATC Grand Nationals 24th-25th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 GYM CLOSED	2 GYM CLOSED	3
4	5 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	6 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	7 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	8 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	9	10 ALOHA PORTLAND,OR
11 ALOHA PORTLAND,OR	12 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	13 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	14 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	15 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	16	17
18	19 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	20 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	21 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	22 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	23	24 ATC GRAND NATIONALS BELLEVUE, WA
25 ATC GRAND NATIONALS BELLEVUE, WA	26 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	27 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	28 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	29 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	30	31

2026 February

Important Dates:
 All-Star Challenge 7th-8th
 World Co Cheer 21st-22nd
 Pacwest/NCA Feb 28th-March 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	3 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	4 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	5 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	6	7 ALLSTAR CHALLENGE TACOMA, WA
8 ALLSTAR CHALLENGE TACOMA, WA	9 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	10 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	11 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	12 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	13	14
15	16 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	17 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	18 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	19 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	20	21 WORLDCO CHEER BELLEVUE, WA
22 WORLDCO CHEER BELLEVUE, WA	23 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	24 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	25 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	26 Strykers 5:30PM-7:30PM Regulators 7:00PM-9:00PM	27	28 PACWEST PORTLAND,OR NCA NATIONALS HOUSTON, TX

2026 March

Important Dates:
Pacwest/NCA Feb 28th-March 1
New Era/USA Nationals 14-15
One Up 28-29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PACWEST PORTLAND,OR NCA NATIONALS HOUSTON, TX	2 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	3 Strykers 5:30PM-7:30PM Regulators 7:00PM-9:00PM	4 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	5 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	6	7
8	9 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	10 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	11 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	12 Strykers 5:30PM-7:30PM G.I. Janes 7:00PM-9:00PM	13	14 USA NATIONALS ANAHEIM, CA NEW ERA VICTORIA, CANADA
15 USA NATIONALS ANAHEIM, CA NEW ERA VICTORIA, CANADA	16	17 Strykers 5:30PM-7:30PM G.I. Janes 7:00PM-9:00PM	18 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	19 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	20	21
22	23 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	24 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	25 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	26 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	27	28 ONE UP BELLEVUE,WA
29 ONE UP BELLEVUE,WA	30 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	31 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM				

2026 April

Important Dates:
Sea to Sky 11-12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	2 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	3	4
5	6 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	7 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	8 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	9 Strykers 5:30PM-7:30PM Regulators & G.I. Janes 7:00PM-9:00PM	10	11 SEA TO SKY VANCOUVER, CANADA
12 SEA TO SKY VANCOUVER, CANADA	13	14	15 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	16 Regulators & G.I. Janes 7:00PM-9:00PM	17	18
19	20 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	21 Regulators & G.I. Janes 7:00PM-9:00PM	22 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	23 Regulators & G.I. Janes 7:00PM-9:00PM	24	25
26	27 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	28 Regulators & G.I. Janes 7:00PM-9:00PM	29 Jr Combat 5:30PM-7:30PM Lady Lieutenants 7:00PM-9:00PM	30 Regulators & G.I. Janes 7:00PM-9:00PM		