

2011 HEAT Spring Schedule
3/31/11 to 6/8/11

Elite/Senior/Gold

Monday 3:30-6:15pm

Tuesday 6:00-7:15am & **4:00-6:00pm @ University of Akron**

Wednesday 3:30-6:15pm

Thursday 6:00-7:15am & **4:00-6:00pm @ University of Akron**

Friday 3:30-6:15pm

Saturday 7:00-10:00am

Silver

Monday 5:15-7:30pm *Dryland included

Tuesday **4:00-6:00pm @ University of Akron**

Wednesday 5:15-7:30pm *Dryland included

Thursday **4:00-6:00pm @ University of Akron**

Friday 5:00-7:30pm *Dryland included

Saturday 7:00-9:45am

Bronze

Monday 5:15-7:15pm *Dryland included

Tuesday **4:00-6:00pm @ University of Akron**

Wednesday 5:15-7:15pm *Dryland included

Thursday **4:00-6:00pm @ University of Akron**

Friday 5:00-7:15pm *Dryland included

Saturday 7:00-9:45am

Blue

Monday 5:15-7:00pm *Dryland included

Tuesday 6:45 – 8:00pm

Thursday 5:30 – 6:45pm

Friday 5:00 – 7:00pm *Dryland included

Sunday 11:30am-1:00pm

White

Mon 7:30-8:30pm

Wed 7:30-8:30pm

Thurs 6:45-7:45pm

Sun 11:30-12:30pm

Red

Tues 6:45-7:45pm

Thurs 6:45-7:45pm

Sun 11:30-12:30pm

Green

Mon 7:30-8:30am

Tues 7:30-8:30am

Thur 7:30-8:30am

Sun 11:30-12:30pm

All practices held at East Woods unless noted University of Akron