

2012 HEAT Spring Schedule
3/28/11 to 5/25/12

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 3:30-5:45pm
Sunday 9:30-11:30am

Silver

Monday 5:00-7:30pm *Dryland included
Tuesday 4:30pm – 6:15pm
Wednesday 5:00-7:30pm *Dryland included
Thursday 4:30pm – 6:15pm
Friday 5:00-7:30pm *Dryland included
Sunday 11:30-1:00pm

Bronze

Monday 5:00-7:30pm *Dryland included
Tuesday 4:30pm – 6:15pm
Wednesday 5:00-7:30pm *Dryland included
Thursday 4:30pm – 6:15pm
Friday 5:00-7:30pm *Dryland included
Sunday 11:30-1:00pm

Blue

Monday OFF
Tuesday 4:30 – 5:45pm
Wednesday 5:00-7:00pm *Dryland included
Thursday 4:30 – 5:45pm
Friday 5:00 – 7:00pm *Dryland included
Sunday 11:30am-1:00pm

White

Mon 7:30-8:30pm
Tue 6:30-7:30pm
Thurs 6:30-7:30pm
Sun 1:00-2:00pm

Red

Mon 7:30-8:30pm
Tue 6:30-7:30pm
Thurs 6:30-7:30pm
Sun 1:00-2:00pm

Green/White Am

Mon 7:30-8:30am
Tues 7:30-8:30am
Thur 7:30-8:30am
Sun 1:00-2:00pm

All practices held at East Woods unless noted University of Akron