HEAT Practice Schedule Page 2 April 1 —- May 19, 2019

Sparks Tues/Thurs 4:15-4:45pm YMCA (or until 5:00-15 min optional additional time if desired)

Group 1 Mon-Thur 4:15-5:00PM YMCA

Group 2 Mon-Thur 5:00-6:00pm YMCA

Sun 12:15-1:15 YMCA

Group 3 Mon-Thur 6:00-7:15pm YMCA

Fri 7:00-8:15pm YMCA

Sun 12:15-1:30pm YMCA

Group 4 Mon/Wed 7:15-8:45pm YMCA

Tues/Thur 7:00-8:30pm UIAC

Fri 7:00-8:30pm YMCA

Sat 9:00-10:30am YMCA

Sun 12:15-1:45pm YMCA alternating weekends

Group 5F Mon/Wed 7:00-8:45pm UIAC

Tues/Thur 7:15-8:45pm YMCA

Fri 7:00-8:45pm YMCA

Sat 7:00-8:30am YMCA

Sun 12:15-1:45pm YMCA alternating weekends

Tues/Thur 5:45-7:00am YMCA Dryland/Strength training

Fri 5:45-7:00am YMCA Swim

Group 5 HP Mon/Wed 7:00-8:45pm UIAC

Tues/Thur 7:15-9:15pm YMCA

Sat 7:00-9:00am YMCA

Sun 12:15-1:45pm YMCA alternating weekends

Tues/Thur 5:45-7:00am YMCA Dryland/Strength training

Fri 5:45-7:00am YMCA Swim