

HEAT Jan/Feb Practice Schedule

Beginning January 6th - AM Practices begin Monday, Jan. 13th

Novice Schedule

Date	A/B	Time	Location
Monday		OFF	
Tuesday	A	6:40p-7:30p	LCP
	B	5:50p-6:40p	LCP
Wednesday		OFF	
Thursday	A	6:40p-7:30p	LCP
	B	5:50p-6:40p	LCP
Friday		OFF	
Saturday	A&B	11:00a-12:00p	EW
Sunday		OFF	

Level 1 Schedule

Date	A/B/Am	Time	Location
Monday	Am	7:15a-8:30a	EW
	A&B	7:15p-8:15p	EW
Tuesday	Am	7:15a-8:15a	EW
	A&B	OFF	
Wednesday	A&B	7:15p-8:15p	EW
Thursday	Am	7:15a-8:15a	EW
	A&B	OFF	
Friday	A&B	7:15p-8:15p	EW
Saturday		OFF	
Sunday		OFF	

Level 2 Schedule

Date	A/B/Am	Time	Location
Monday	Am	7:15a-8:30a	EW
	A&B	5:45p-7:00p	EW
Tuesday	Am	7:15a-8:30a	EW
	A&B	OFF	
Wednesday	A	5:00p-6:00p	LCP
	B	6:00p-7:00p	LCP
Thursday	Am	7:15a-8:30a	EW
	A&B	OFF	
Friday	A&B	5:45p-7:00p	EW
Saturday		OFF	
Sunday	A&B	12:30p-1:30p	EW

Level 3 Schedule

Date	A/B	Time	Location
Monday	Am	7:15a-8:30a	EW
	A&B	5:45p-7:00p	LCP
Tuesday	Am	7:15a-8:30a	EW
	A&B	7:15p-8:30p	EW
Wednesday		OFF	
Thursday	Am	7:15a-8:30a	EW
	A&B	4:30p-5:45p	LCP
Friday		OFF	
Saturday		OFF	
Sunday	A&B	11:00a-12:30p	EW

Level 4 Schedule

Date		Time	Location
Monday		4:30p-5:45p	LCP
Tuesday		4:30p-5:45p	LCP
Wednesday		5:30p-7:15p	EW
Thursday		7:00p-8:30p	EW
Friday		OFF	
Saturday		OFF	
Sunday		9:00a-11:00a	EW

Level 5 Schedule

Date		Time	Location
Monday		5:30p-7:15p	EW
Tuesday		5:30p-7:15p	EW
Wednesday		5:30p-7:15p	EW
Thursday		5:30p-7:15p	EW
Friday		5:30p-7:15p	EW
Saturday		OFF	
Sunday		9:00a-11:00a	EW

Level 6 Schedule

Date		Time	Location
Monday		5:30p-7:15p	EW
Tuesday		5:30p-7:15p	EW
Wednesday		5:30p-7:15p	EW
Thursday		5:30p-7:15p	EW
Friday		5:30p-7:15p	EW
Saturday		OFF	
Sunday		9:00a-11:00a	EW

NAG Schedule

Date		Time	Location
Monday		3:30p-5:30p	EW
Tuesday		3:30p-5:30p	EW
Wednesday		3:30p-5:30p	EW
Thursday		3:30p-5:30p	EW
Friday		5:30p-7:15p	EW
Saturday		OFF	
Sunday		9:00a-11:00a	EW