

Jr Heat Fall Schedule: Sr Girls Gr 10-12

Compete Sessions – MONDAYS 7:00pm – 8:30pm @ UBCO South Gym

Group 1: 7:00pm – 7:45pm

Group 2: 7:45pm – 8:30pm

September 10

September 17

September 24

October 1

October 15

October 22

October 29

November 5

Skill Sessions SUNDAYS @ UBCO 1:30 – 3:00pm

September 9

September 16

September 23

September 30

October 14

October 21

October 28

November 4

***** NO COMPETE OR SKILLS SESSIONS ON THANKSGIVING WEEKEND OCTOBER 6-7*****