

Elite Heat All Stars

2019-20 Fall Practice Schedule

Golden Nuggets

Tuesday 5:45-7:00pm

Baby Karats

Thursday 5:30-7:00pm

Saturday 11:00am-12:30pm

Mini Revolution

Tuesday 5:30-7:30pm

Saturday 9:00-12:00am

Ignite

Sunday 11:30am-2:30pm

Wednesday 5:30-7:30pm

Spice

Tuesday 5:30-7:30

Saturday 9:00-12:00

Electric

Sunday 4:30-7:30pm

Thursday 7:00-9:00pm

Glitter Girls

Sunday 1:30-4:30pm

Thursday 5:30-7:30

J Love

Sunday 4:30-7:30pm

Tuesday 7:00-9:00pm

Red Hot

Sunday 11:30-2:30pm

Wednesday 5:30-7:30pm

Rose Gold

Sunday 4:30-7:30pm

Thursday 7:30-9:30pm

4.Fierce

Sunday 2:30-5:30pm

Wednesday 7:30-9:30

Fire

Sunday 11:30am-2:30pm

Wednesday 5:30-7:30

24k

Sunday 2:00-5:00pm

Wednesday 7:30-9:30pm

2019-20 Fall Tumble Schedule

Tiny

Sunday 10:30-11:30am

Level 1

Monday 5:30-7:00

Level 2

Thursday 5:30-7:00

Level 3

Tuesday 5:30-7:00

Level 4/5/6

Monday 7:00-8:30

Flyer Training

Tuesday 5:00-5:30

Wednesday 5:00-5:30

Thursday 5:00-5:30