

29 April - 17 May 2024

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow Solar Flares*	Yellow Group 'A'			6:45-7:30pm				
	Yellow Group 'B'					6:45-7:30pm		
	Yellow Group 'C'				6:45-7:30pm			
Red Solar Flares*	Red 3x			6:45-7:30pm	6:45-7:30pm	6:45-7:30pm		
Equinox*	Prep			5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:45-6:45pm	
	Performance			5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:45-6:45pm	
	Select			5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:45-6:45pm	
Solstice*	Weights			5:45-7:00am	5:45-7:00am	5:45-7:00am	5:45-7:00am	

***Solar Flares will practice at Mary Siah Rec Center 805 14th Avenue**

***All Equinox and Select groups will have dryland practice at Tailor Made Fitness 910 Old Steese Highway**

Practice changes and cancellations will be communicated through our weekly emails and posted in the events tab.



Summer Schedule, 20 May - 9 August 2024

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow Solar Flares	Yellow Group 'A'			5:15-6:00pm				
	Yellow Group 'B'					5:15-6:00pm		
	Yellow Group 'C'				5:15-6:00pm			
Red Solar Flares	Red 3x			4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
	Red 2x		4:30-5:15pm				4:30-5:15pm	
	Red 1x		5:15-6:00pm					
Equinox	Prep			4:45-6:00pm	4:45-6:00pm	4:45-6:00pm	4:45-6:00pm	
	Performance (Water)		4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	
	Performance (Dryland)			4:00-4:30pm		4:00-4:30pm		
	Select (Water)		4:00-6:00pm	4:30-6:00pm	4:00-6:00pm	4:30-6:00pm	4:00-6:00pm	
	Select (Dryland)			4:00-4:30pm		4:00-4:30pm		
Solstice High School Prep	Water		8:00-10:00am		8:00-10:00am		8:00-10:00am	
	Dryland		10:00-11:00am		10:00-11:00am		10:00-11:00am	
Solstice	Water		8:00-10:00am	8:00-10:00am	8:00-10:00am	8:00-10:00am	8:00-10:00am	
	Dryland		10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	
	Weights Group			6:00-7:15am		6:00-7:15am	6:00-7:15am	

All Practices are held at Hamme Pool 901 Airport Way

Practice changes and cancellations will be communicated through our weekly emails and posted in the events tab.