

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Norma Bush 10:15 – 11:30 Off Ice 11:45 – 12:45	2	3
4 Norma Bush 1:30 – 2:45	5 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	6 Off Ice – Zoom 10:30 – 12:00	7	8 Norma Bush 10:15 – 11:30 Off Ice 11:45 – 12:45	9	10
11 Norma Bush 1:30 – 2:45	12 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	13 Off Ice – Zoom 10:30 – 12:00	14	15 Norma Bush 10:15 – 11:30 Off Ice 11:45 – 12:45	16	17
18 Norma Bush 1:30 – 2:45	19 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	20 Off Ice – Zoom 10:30 – 12:00	21	22 Norma Bush 10:15 – 11:30 Off Ice 11:45 – 12:45	23	24
25 Merry Christmas!	26 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	27 Off Ice – Zoom 10:30 – 12:00	28	29	30	31

## EVENTS:

### Off Ice – Wednesday

General whole-body fitness, strength, flexibility, balance, coordination, mobility, Pilates, biomechanics, conditioning, relaxation/recovery stretching

### Off Ice – Friday

Ballet, ballroom dances, character of body artistic to music style and rhythm, stretching, ice field moves.