

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

# EVENTS

## Off Ice - Wednesday

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

## Off Ice - Friday

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