

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

# 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