

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