

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

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