

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

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