

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Off Ice – Zoom 10:30 – 12:00	2	3 Father David Bauer 10:30 – 11:45 Off Ice – Dance 12:00 – 1:00	4	5
6 Father David Bauer 1:30 – 2:45	7 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	8 Off Ice – Zoom 10:30 – 12:00	9	10 Norma Bush 10:30 – 11:45 Off Ice – Dance 12:00 – 1:00	11	12
13 Father David Bauer 1:30 – 2:45	14 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	15 Off Ice – Zoom 10:30 – 12:00	16	17 Father David Bauer 10:30 – 11:45 Off Ice – Dance 12:00 – 1:00	18	19
20 Victoria Day	21 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	22 Off Ice – Zoom 10:30 – 12:00	23	24 Father David Bauer 10:30 – 11:45 Off Ice – Dance 12:00 – 1:00	25	26
27 Father David Bauer 1:30 – 2:45	28 Off Ice – Jumps 9:45 – 10:15 COP (Winsport) 10:30 – 11:45	29 Off Ice – Zoom 10:30 – 12:00	30	31 Booking in Progress		

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