

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

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

Seven Chiefs Sportsplex

19 Bullhead Road
Tsuut'ina Nation, Alberta