

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