

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

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