

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

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