

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <b>Off Ice – Jumps</b> 9:45 – 10:15 <b>COP</b> 10:30 – 11:45	2 <b>Off Ice – Zoom</b> 10:30 – 12:00	3	4 <b>Jimmie Condon Arena</b> 10:30 – 11:45 <b>Off Ice – Dance</b> 12:00 – 1:00	5	6
7 <b>COP</b> 1:30 – 2:45	8 <b>Off Ice – Jumps</b> 9:45 – 10:15 <b>COP</b> 10:30 – 11:45	9 <b>Off Ice – Zoom</b> 10:30 – 12:00	10	11 <b>COP</b> 10:30 – 11:45 <b>Off Ice – Dance</b> 12:00 -1:00	12	13
14 <b>COP</b> 1:30 – 2:45	15 <b>Off Ice – Jumps</b> 9:45 – 10:15 <b>COP</b> 10:30 – 11:45	16 <b>Off Ice – Zoom</b> 10:30 – 12:00	17	18 <b>COP</b> 10:30 – 11:45 <b>Off Ice – Dance</b> 12:00 -1:00	19	20 <b>Happy Easter!</b>
21 <b>COP</b> 1:30 – 2:45	22 <b>Off Ice – Jumps</b> 9:45 – 10:15 <b>COP</b> 10:30 – 11:45	23 <b>Off Ice – Zoom</b> 10:30 – 12:00	24	25 <b>COP</b> 10:30 – 11:45 <b>Off Ice – Dance</b> 12:00 -1:00	26	27
28 <b>Jimmie Condon Arena</b> 1:30 – 2:45	29 <b>Off Ice – Jumps</b> 9:45 – 10:15 <b>COP</b> 10:30 – 11:45	30 <b>Off Ice – Zoom</b> 10:30 – 12:00				

# 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

**Jimmie Condon Arena**

502 Heritage Dr. SW