

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

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

Jimmie Condon Arena

503 Heritage Dr S.W.