

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

### Jimmie Condon Arena

502 Heritage Dr S,W,