

 Junior Prep / Junior / CanSkate Ages 6 and older:


Saturday – ZOOM ZOOM Jump/Yoga 10:30-11:15	Monday - LOA ZOOM Jump/Yoga 5:10-5:55	Tuesday	Wednesday-LOA ZOOM Jump/Yoga 5:10-5:55	Thursday- LOA ZOOM Jump/Yoga 5:10-5:55	Friday
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 Intermediate Group A:


Saturday – ZOOM ZOOM Jump/Yoga 9:30-10:15	Sunday- LOA 2:30-2:40 Off-Ice Warm up 2:45-3:45 Free Skate	Monday Zoom Jump/Yoga 6:00-7:00PM	Tuesday LOA 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Zoom CORE 6:00-6:45PM	Wednesday Zoom Jump/Yoga 6:00-7:00PM	Thursday- LOA 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Zoom CORE 6:00-6:45PM
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 Intermediate Group B:

Saturday – ZOOM ZOOM Jump/Yoga 9:30-10:15	Monday - LOA 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Tuesday Zoom CORE 6:00-6:45PM	Wednesday-LOA 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Thursday Zoom CORE 6:00-6:45PM	Friday- CVB 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate
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 Senior/Day Ice Group A:

Saturday – ZOOM ZOOM Jump Tech 9:30-10:15	Monday - LOA 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Tuesday LOA 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate Zoom CORE 6:00-6:45PM	Wednesday-LOA 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Thursday- LOA 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate Zoom CORE 6:00-6:45PM	Friday- CVA 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate
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 Placement of skaters is subject to Director approval / Schedule subject to change

 Senior/Day Ice Group B:

Saturday – ZOOM ZOOM Jump Tech 9:30-10:15	Monday - LOA 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Tuesday LOA 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate Zoom CORE 6:00-6:45PM	Wednesday-LOA 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Jump/Yoga 6:00-7:00PM	Thursday- LOA 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate Zoom CORE 6:00-6:45PM	Friday- CVA 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate
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 Adult and Parent Yoga/Core:

	Monday 9:00-10:00AM		Wednesday 9:00-10:00AM		Friday 9:00-10:00AM
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