

CanSkate:

Sunday 10:40-11:30am	Monday 6:40-7:30pm	Tuesday 6:25-7:15pm	Wednesday 6:25-7:15pm	Thursday 6:40-7:30pm	
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Junior & Junior Prep:

Saturday – ZOOM Zoom Jump/Yoga 9:30-10:15	Sunday 11:15-11:30 Check in 11:45-12:30 Free Skate Group	Tuesday 5:15-5:20 Check in 5:30-6:15 Free Skate Group	Wednesday 5:15-5:20 Check in 5:30-6:15 Free Skate Group	Thursday- ZOOM Zoom Jump/Yoga 5:15-6:00	Friday- 6:15-6:20 Check in 6:30-7:15 Free Skate Group
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Intermediate Group A:

Saturday – ZOOM Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	Monday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate	Tuesday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Group	Wednesday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Group Zoom Jump 6:15-7:15pm	Thursday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate	Friday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate
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Intermediate Group B:

Saturday – ZOOM Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	Monday 5:10-5:25 Off-Ice Warm up 5:30-6:30 Free Skate	Tuesday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Group	Wednesday 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate Group Zoom Jump 6:15-7:15pm	Thursday 5:10-5:25 Off-Ice Warm up 5:30-6:30 Free Skate	Friday 4:00-4:10 Off-Ice Warm up 5:15-6:15 Free Skate
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Senior/Day Ice Group A:

Saturday – ZOOM Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	Monday 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate	Tuesday 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Core 5:15-6:00pm	Wednesday 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Jump 6:15-7:15pm	Thursday 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Yoga 6:15-7:15pm Over 16	Friday 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate
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Senior/Day Ice Group B:

Saturday – ZOOM Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	Monday 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate	Tuesday 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Core 5:15-6:00pm	Wednesday 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Jump 6:15-7:15pm	Thursday 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Yoga 6:15-7:15pm Over 16	Friday 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate
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Adult, Parent, Coaches Yoga/Core:

Contact Angela for Zoom Access Codes	Monday Yoga 9:00-10:00am	Tuesday Yoga 6:15-7:15pm	Wednesday Yoga 9:00-10:00am	Thursday Yoga 6:15-7:15pm	Friday Yoga 9:00-10:00am
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