

### CanSkate:

<u>Sunday- LOA</u> 10:40-11:30am	<u>Monday- LOA</u> 6:40-7:30pm	<u>Tuesday- LOA</u> 6:25-7:15pm	<u>Wednesday-LOA</u> 6:25-7:15pm	<u>Thursday-LOA</u> 6:40-7:30pm	
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### Junior & Junior Prep:

<u>Saturday – ZOOM</u> Zoom Jump/Yoga 9:30-10:15	<u>Sunday- LOA</u> 11:30-11:35 Check in 11:45-12:30 Free Skate Group	<u>Tuesday- LOA</u> 5:15-5:20 Check in 5:30-6:15 Free Skate Group	<u>Wednesday-LOA</u> 5:15-5:20 Check in 5:30-6:15 Free Skate Group	<u>Thursday- ZOOM</u> Zoom Jump/Yoga 5:15-6:00	<u>Friday- CVB</u> 6:15-6:20 Check in 6:30-7:15 Free Skate Group
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### Intermediate Group A:

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

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

<u>Saturday – ZOOM</u> Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	<u>Monday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate	<u>Tuesday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Core 5:15-6:00pm	<u>Wednesday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Zoom Jump 6:15-7:15pm	<u>Thursday- LOA</u> 1:15-1:35 Off-Ice Warm up 1:45-2:45 Free Skate Yoga 6:15-7:15pm Over 16	<u>Friday- CVA</u> 1:00-1:20 Off-Ice Warm up 1:30-2:30 Free Skate
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### Senior/Day Ice Group B:

<u>Saturday – ZOOM</u> Zoom Yoga -10:30-11:15 Zoom Sport Psych 11:15-11:45	<u>Monday- LOA</u> 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate	<u>Tuesday- LOA</u> 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Core 5:15-6:00pm	<u>Wednesday- LOA</u> 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Zoom Jump 6:15-7:15pm	<u>Thursday- LOA</u> 2:30-2:50 Off-Ice Warm up 3:00-4:00 Free Skate Yoga 6:15-7:15pm Over 16	<u>Friday- CVA</u> 2:00-2:20 Off-Ice Warm up 2:30-3:30 Free Skate
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### Adult, Parent, Coaches Yoga/Core:

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