

Monday - Thursday @ Londonderry Arena (LOA)

Friday @ Clareview A/B Arena (CVA/CVB)

Junior/Prep:

<u>Sunday- LOA</u>	<u>Monday</u>	<u>Tuesday- LOA</u>	<u>Wednesday</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
12:15-12:45pm Off-Ice Technique 1:00-2:00pm On-Ice Class		5:00-5:30pm Off-Ice Technique 5:45-6:45pm On-Ice Class		5:05-5:35pm Off-Ice Technique 5:45-6:45pm On-Ice Class	4:45-5:15 Off-Ice Technique 5:30-6:30 On-Ice Class

Intermediate Group A:

<u>Sunday</u>	<u>Monday- LOA</u>	<u>Tuesday- LOA</u>	<u>Wednesday- LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
	3:50-4:10 Independent Warm up 4:15-5:15 Free Skate 5:30-6:15 Free Skate 6:15-6:30 Group Development 6:45-7:15 Jump Tech	3:50-4:10 Independent Warm up 4:15-5:15 Free Skate 5:15-5:30 Group Development 5:40-6:25 Fitness with Naissa	3:40-3:55 Independent Warm up 4:00-4:30 Group Development 4:30-5:30 Free Skate 5:45-6:45 Free Skate 7:00-7:30 Jump Tech	2:00-2:30 Off-Ice Warm up 2:45-3:45 Free Skate 4:00-5:00 Free Skate 5:00-5:30 Group Development	3:25-3:40 Independent Warm up 3:45-4:15 Group Development 4:15-5:15 Free Skate

Intermediate Group B:

<u>Sunday-LOA</u>	<u>Monday- LOA</u>	<u>Tuesday- LOA</u>	<u>Wednesday- LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
12:15-12:45 Off Ice Technique 1:00-1:45 Free Skate 1:45-2:00 Group Development	5:05 Independent Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development 6:45-7:15 Jump Technique	3:50-4:10 Independent Warm up 4:15-5:15 Free Skate 5:15-5:30 Group Development 5:40-6:25 Fitness with Naissa	5:20 Independent Warm up 5:45-6:45 Free Skate 7:00-7:30 Jump Technique	3:45-3:50 Independent Warm up 4:00-5:00 Free Skate 5:05-5:35 Jump Technique	4:45-5:15 Off-Ice Technique 5:30-6:15 Free Skate 6:15-6:30 Group Development

Senior/Day Ice:

<u>Sunday</u>	<u>Monday- LOA</u>	<u>Tuesday- LOA</u>	<u>Wednesday- LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVA</u>
	2:15-2:45 Jump Tech 3:00-3:15-Group Development 3:15-4:00 Free Skate 4:15-5:15 Free Skate	1:00-1:20 Independent Warm up 1:45-2:45 Free Skate 3:00-3:45 Free Skate 3:45-4:00 Group Development 4:30-5:30 Fitness with Naissa	2:00-2:30 Jump Tech 2:45-3:45 Free Skate 4:00-4:30 Group Development 4:30-5:30 Free Skate	2:00-2:30 Off-Ice Warm up 2:45-3:45 Free Skate 4:00-5:00 Free Skate 5:00-5:30 Group Development	1:45-2:15 Off-Ice Warm up 2:30-3:30 Free Skate CVA 3:45-4:15 Group Development CVB 4:15-5:15 Free Skate CVB

Senior/Evening Ice:

<u>Sunday</u>	<u>Monday- LOA</u>	<u>Tuesday- LOA</u>	<u>Wednesday- LOA</u>	<u>Thursday- LOA</u>	<u>Friday- CVB</u>
	3:50-4:10 Independent Warm up 4:15-5:15 Free Skate 5:30-6:15 Free Skate 6:15-6:30 Group Development 6:45-7:15 Jump Tech	3:50-4:10 Independent Warm up 4:15-5:15 Free Skate 5:15-5:30 Group Development 5:40-6:25 Fitness core with Naissa	3:40-3:55 Independent Warm up 4:00-4:30 Group Development 4:30-5:30 Free Skate 5:45-6:45 Free Skate 7:00-7:30 Jump Tech	2:00-2:30 Off-Ice Warm up 2:45-3:45 Free Skate 4:00-5:00 Free Skate 5:00-5:30 Group Development	3:25-3:40 Independent Warm up 3:45-4:15 Group Development 4:15-5:15 Free Skate

(No Yoga)

*Updated Dec 31, 2021