

Intermediate Group A:

Sunday	Monday- LOA 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	Tuesday- LOA 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	Wednesday- LOA 3:40 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	Thursday- LOA 2:35-250 Independent Warm up 3:00-4:00 Free Skate 4:15-4:45 Group Development 4:45-5:30 Free Skate	Friday- CVB 3:25 Independent Warm up 3:45-4:15 Group Development 4:15-5:15 Free Skate
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Intermediate Group B:

Sunday 12:00 Independent Warm up 12:15-12:45 Off Ice Agility 1:00-1:45 Free Skate 1:45-2:00 Group Development	Monday- LOA 5:05 Independent Warm up 5:30-6:15 Free Skate 6:15-6:30 Group Development 6:45-7:15 Jump Tech	Tuesday- LOA 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	Wednesday- LOA 5:20 Independent Warm up 5:45-6:45 Free Skate 7:00-7:30 Jump Tech	Thursday- LOA 3:50-4:10 Independent Warm up 4:15-4:45 Group Development 4:45-5:30 Free Skate 5:45-6:30 Free Skate	Friday- CVB 4:30-5:15 Yoga for Skaters 5:30-6:15 Free Skate 6:15-6:30 Group Development
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Senior/Day Ice Group A:

Sunday	Monday- LOA 2:00-2:30 Jump Tech 2:45-3:00 Group Development 3:00-4:00 Free Skate 4:15-5:15 Free Skate 6:15-7:15pm Advanced Zoom Yoga	Tuesday- LOA 1:00-1:20 Independent Warm up 1:30-2:30 Free Skate 2:45-3:45 Free Skate 3:45-4:00 Group Development 4:30-5:30 Fitness core with Naissa	Wednesday- LOA 2:00-2:30 Jump Tech 2:45-3:45-4:00 Free Skate 4:00-4:30 Group Development 4:30-5:30 Free Skate 6:15-7:15pm Advanced Zoom Yoga	Thursday- LOA 1:15-1:35 Off-Ice Warm up 1:15-2:15 Free Skate 2:15-2:45 Group Development 3:00-4:00 Free Skate	Friday- CVA 1:30-2:15 Advanced Yoga for Skaters 2:30-3:30 Free Skate CVA 3:45-4:15 Group Development CVB 4:15-5:15 Free Skate CVB
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Senior/Evening Ice Group B:

Sunday	Monday- LOA 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	Tuesday- LOA 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	Wednesday- LOA 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	Thursday- LOA 2:35-250 Independent Warm up 3:00-4:00 Free Skate 4:15-4:45 Group Development 4:45-5:30 Free Skate	Friday- CVB 3:25-3:35 Independent Warm up 3:45-4:15 Group Development 4:15-5:15 Free Skate
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Adult, Parent, Coaches Yoga/Core:

Contact Angela for Zoom Access Codes	Monday Yoga 9:00-10:00am Yoga 6:15-7:15 PM	Tuesday	Wednesday Yoga 9:00-10:00am Yoga 6:15-7:15 PM	Thursday	Friday Yoga 9:00-10:00am
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*Updated Sept 6, 2021