

INSTRUCTIONAL SCHEDULE

FALL 2025 (SEPT 8 - DEC 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 - 1:00 PM ELDOA STRETCH PAM F. COMBATIVES 12:00 - 12:50 PM LEARN TO SKATE BEG/INT TBD ICE HOUSE 12:00 - 12:50 PM ICE HOCKEY BEG/INT CELINE + ALLY ICE HOUSE 6:00 - 7:30 PM MUAY THAI & KICKBOXING SAM + MARTIN F. COMBATIVES 6:00 - 7:25 PM WOMEN ONLY STRENGTH 1.0 EMMA W. MULTIPURPOSE 6:30 - 7:30 PM 12-WEEK BUILD CURT B. PT STUDIO 7:30 - 8:55 PM CO-ED STRENGTH EMMA W. MULTIPURPOSE 7:30 - 9:00 PM JEET KUNE DO SELF DEFENSE SAM + MARTIN F. COMBATIVES	12:30 - 1:20 PM LEARN TO SKATE BEG/INT CELINE ICE HOUSE 6:00 - 7:25 PM WOMEN ONLY STRENGTH 2.0 CAMILLE PT STUDIO 6:30 - 8:00 PM KARATE (SHOTOKAN) HASMAT K. COMBATIVES 7:30 - 8:55 PM WOMEN ONLY STRENGTH 1.0 CAMILLE MULTIPURPOSE	3:00 - 3:50 PM LEARN TO SKATE BEG/INT CELINE ICE HOUSE 5:00 - 6:00 PM 12-WEEK BUILD ALICIA B. PT STUDIO 6:00 - 7:30 PM MUAY THAI & KICKBOXING SAM + MARTIN F. COMBATIVES 6:00 - 7:00 PM HEELS DANCE EMMA F. ACTIVITY ROOM 6:00 - 7:25 PM WOMEN ONLY STRENGTH 1.0 ALICIA B. MULTIPURPOSE 6:30 - 7:30 PM 12-WEEK BUILD CURT B. PT STUDIO 7:30 - 8:55 PM WOMEN ONLY STRENGTH 2.0 ALICIA B. MULTIPURPOSE	11:00 - 11:50 AM LEARN TO SKATE BEG/INT ERIKA + CELINE ICE HOUSE 12:00 - 12:50 PM ICE HOCKEY BEGINNER ERIKA + CELINE ICE HOUSE 1:00 - 1:50 PM ICE HOCKEY INTERMEDIATE ERIKA + CELINE ICE HOUSE 1:30 - 2:30 PM ADAPTIVE STRENGTH & FLEXIBILITY BRIAN J. PT STUDIO 6:30 - 8:00 PM KARATE (SHOTOKAN) HASMAT K. COMBATIVES	1:10 - 2:20 PM POWER SKATING ERIKA E. ICE HOUSE	10:30 - 11:30 AM DYNAMIC KICKBOXING WOMEN ONLY SONIA C. COMBATIVES 11:30 AM - 1:00 PM INTERMEDIATE DYNAMIC KICKBOXING WOMEN ONLY SONIA C. COMBATIVES 1:00 - 2:30 PM KUNG FU WOMEN ONLY SONIA C. COMBATIVES

