



INSTRUCTIONAL SCHEDULE



FALL 2023 (SEPT 11 - DEC 16)

MON

12:00 - 12:50 PM
ADULT ICE HOCKEY
BEGINNER/INTERMEDIATE
ICE HOUSE (B)
ERIKA E.

12:00 - 12:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE (A)
LIZ R. & RAINI

6:00 - 7:00 PM
FUNCTIONAL FITNESS
MULTIPURPOSE ROOM
ALICIA B.

6:00 - 7:30 PM
MUAY THAI & KICKBOXING
COMBATIVES STUDIO
SAM & MARTIN F.

7:00 - 8:30 PM
STRENGTH TRAINING
LEVEL 2
(WOMEN'S ONLY)
MULTIPURPOSE ROOM
ALICIA B.

7:30 - 9:00 PM
DYNAMIC SELF DEFENSE
COMBATIVES STUDIO
SAM F.

TUE

3:00 - 3:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE (A)
ERIKA E. & LIZ R.

5:00 - 6:00 PM
BURLESQUE
(WOMEN'S ONLY)
ACTIVITY ROOM
DIANE DE MODE

6:00 - 7:15 PM
RUN + STRENGTH
SERIES
OUTDOOR/
MULTIPURPOSE ROOM
MAGNUS C.

7:00 - 8:30 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

7:30 - 9:00 PM
STRENGTH TRAINING
MULTIPURPOSE ROOM
DANIEL Z.

WED

3:00 - 3:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE (A)
LIZ R. & RAINI

6:00 - 7:00 PM
FUNCTIONAL FITNESS
MULTIPURPOSE ROOM
ALICIA B.

7:00 - 8:30 PM
STRENGTH TRAINING
LEVEL 1
(WOMEN'S ONLY)
MULTIPURPOSE ROOM
ALICIA B.

6:00 - 7:30 PM
MUAY THAI & KICKBOXING
COMBATIVES STUDIO
SAM & MARTIN F.

THU

12:00 - 12:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE (A)
JACLYN T.

1:30 - 2:30 PM
ADAPTIVE STRENGTH & FLEXIBILITY
PT STUDIO
BRIAN J.

6:00 - 7:00 PM
OUTDOOR FUNCTIONAL STRENGTH + MOBILITY
RIVER FIELD
EMMA B.

6:00 - 7:15 PM
RUN + STRENGTH
SERIES
OUTDOOR/ACTIVITY ROOM
MAGNUS C.

7:00 - 8:30 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

FRI

11:00 - 11:50 AM
ADULT ICE HOCKEY
BEGINNER/INTERMEDIATE
ICE HOUSE (A)
ERIKA E.

SAT

10:30 - 11:30 AM
DYNAMIC KICKBOXING
(WOMEN'S ONLY)
COMBATIVES STUDIO
SONIA C.

11:30 - 1:00 PM
INTERMEDIATE DYNAMIC KICKBOXING
(WOMEN'S ONLY)
COMBATIVES STUDIO
SONIA C.

1:00 - 2:30 PM
FIGHT LIKE MULAN
(WOMEN'S ONLY)
COMBATIVES STUDIO
SONIA C.

 **ADAPTIVE**

 **DANCE**

 **ICE SPORTS**

 **MARTIAL ARTS**

 **STRENGTH**