## 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.
- **6:00 - 7:00 PM**
  - Functional Fitness
  - Multipurpose Room
  - Alicia G.
- **6:00 - 7:30 PM**
  - Muay Thai & Kickboxing
  - Combatives Studio
  - Sam & Martin F.
- **7:00 - 8:30 PM**
  - Strength Training
  - Multipurpose Room
  - Alicia G.
- **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**
  - Strength Training (Women’s Only)
  - Multipurpose Room
  - Alicia B.

### 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.
- **6:00 - 7:30 PM**
  - Muay Thai & Kickboxing
  - Combatives Studio
  - Sam & Martin F.
- **7:00 - 8:30 PM**
  - Strength Training (Women’s Only)
  - Multipurpose Room
  - Alicia B.

### THU
- **12:00 - 12:50 PM**
  - Skating
  - Beginner/Intermediate
  - Ice House (A)
  - Alicia G.
- **6:00 - 7:00 PM**
  - Adaptive Strength & Flexibility
  - PT Studio
  - Alicia G.
- **6:00 - 7:00 PM**
  - Outdoor Functional Strength + Mobility
  - River Field
  - Emma B.
- **7:00 - 8:30 PM**
  - Strength Training
  - Multipurpose 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.