



INSTRUCTIONAL SCHEDULE



SPRING 2023 (MAY 8 - JUNE 30)

MON

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

12:00 - 12:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
LIZ R.

5:00 - 6:00 PM
DANCE VIBES
COMBATIVES STUDIO
ALICIA B.

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

TUE

12:30 - 1:20 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
ERIKA E. & LIZ R.

5:00 - 6:00 PM
BURLESQUE (WOMENS ONLY)
ACTIVITY ROOM
DIANA DE MODE

5:30 - 7:00 PM
STRENGTH TRAINING (WOMENS ONLY)
MULTIPURPOSE ROOM
ALICIA B.

7:00 - 8:30 PM
STRENGTH TRAINING (WOMENS ONLY)
MULTIPURPOSE ROOM
ALICIA B.

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

WED

3:00 - 3:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
ERIKA E. & 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 (WOMENS ONLY)
MULTIPURPOSE ROOM
ALICIA G.

7:45 - 8:45 PM
DYNAMIC SELF-DEFENSE
COMBATIVES STUDIO
SAM F.

THU

12:00 - 12:50 PM
SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
ERIKA E. & LIZ R.

4:00 - 4:50 PM
STICK MOBILITY
MULTIPURPOSE ROOM
PAM F.

6:00 - 7:00 PM
BURLESQUE (WOMENS ONLY)
COMBATIVES STUDIO
DIANA DE MODE

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

SAT

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

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

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

 DANCE

 ICE SPORTS

 MARTIAL ARTS

 STRENGTH