INSTRUCTIONAL SCHEDULE
WINTER 2024 (JAN 15 - APR 20)

MON
12:00 - 12:50 PM SKATING BEGINNER/INTERMEDIATE ICE HOUSE LIZ R. & RAINI P.
3:00 - 4:30 PM GRAPPLING COMBATIVES STUDIO COLIN S.
6:00 - 7:30 PM MUAY THAI & KICKBOXING COMBATIVES STUDIO SAM & MARTIN F.
7:00 - 8:25 PM STRENGTH LEVEL 1 (WOMEN’S ONLY) MULTIPURPOSE ROOM KAITLYN A.
7:30 - 9:00 PM DYNAMIC SELF DEFENSE COMBATIVES STUDIO SAM & MARTIN F.

TUE
11:00 - 11:50 PM SKATING BEGINNER/INTERMEDIATE ICE HOUSE ERIKA E. & JACLYN T.
12:30 - 1:20 PM ICE HOCKEY BEGINNER/INTERMEDIATE ICE HOUSE ERIKA E. & JACLYN T.
5:00 - 6:00 PM BURLESQUE (WOMEN’S ONLY) ACTIVITY ROOM EMMA F.
6:00 - 7:25 PM STRENGTH LEVEL 1 (WOMEN’S ONLY) MULTIPURPOSE ROOM ALICIA B.
7:00 - 8:30 PM KARATE (SHOTOKAN) COMBATIVES STUDIO HASHMAT K.

WED
12:00 - 1:00 PM KARATE (SHOTOKAN) COMBATIVES STUDIO HASHMAT K.
3:00 - 3:50 PM SKATING BEGINNER/INTERMEDIATE ICE HOUSE ERIKA E. & JACLYN T.
6:00 - 7:30 PM MUAY THAI & KICKBOXING COMBATIVES STUDIO SAM & MARTIN F.
7:00 - 8:55 PM STRENGTH LEVEL 2 (WOMEN’S ONLY) MULTIPURPOSE ROOM ALICIA B.

THU
11:30 - 12:20 PM SKATING BEGINNER/INTERMEDIATE ICE HOUSE ERIKA E. & JACLYN T.
12:30 - 1:20 PM RINGETTE BEGINNER/INTERMEDIATE ICE HOUSE ERIKA E. & JACLYN T.
6:00 - 7:00 PM FUNCTIONAL FITNESS MULTIPURPOSE ROOM EMMA B.
6:30 - 8:00 PM KARATE (SHOTOKAN) COMBATIVES STUDIO HASHMAT K.
7:00 - 8:30 PM STRENGTH LEVEL 2 (WOMEN’S ONLY) MULTIPURPOSE ROOM EMMA B.

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.