

# WINTER 2025 (JAN 13 - APR 20)

# INSTRUCTIONAL SCHEDULE

## MONDAY

**10:00 AM - 10:50 AM**  
**FIGURE SKATING BEG/INT**  
 LIZ R. ICE HOUSE

**11:00 AM - 11:50 AM**  
**HOCKEY BEG/INT**  
 ERIKA E. ICE HOUSE

**11:30 AM - 12:20 PM**  
**RINGETTE BEG/INT**  
 JACLYN T. ICE HOUSE

**12:00 PM - 12:50 PM**  
**SKATING BEG/INT**  
 ERIKA E. & RAINI ICE HOUSE

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

**6:00 PM - 7:25 PM**  
**WOMEN ONLY STRENGTH LEVEL 1**  
 ALICIA B. MULTIPURPOSE

**7:30 PM - 8:55 PM**  
**WOMEN ONLY STRENGTH LEVEL 2**  
 ALICIA B. MULTIPURPOSE

**7:30 PM - 9:00 PM**  
**JEET KUNE DO SELF DEFENSE**  
 SAM & MARTIN F. COMBATIVES

## TUESDAY

**12:30 PM - 1:30 PM**  
**SKATING BEG/INT**  
 LIZ R. & RAINI ICE HOUSE

**5:45 PM - 7:15 PM**  
**WOMEN ONLY STRENGTH LEVEL 1**  
 GRACE D. MULTIPURPOSE

**6:00 PM - 7:00 PM**  
**12-WEEK BUILD**  
 MELANIE R. PT STUDIO

**6:30 PM - 8:30 PM**  
**KARATE (SHOTOKAN)**  
 HASHMAT K. COMBATIVES

## WEDNESDAY

**3:00 PM - 3:50 PM**  
**SKATING BEG/INT**  
 LIZ R. & ERIKA E. ICE HOUSE

**4:00 PM - 5:00 PM**  
**ADAPTIVE STRENGTH & FLEXIBILITY**  
 JACLYN T. PT STUDIO

**6:00 PM - 7:25 PM**  
**POWERLIFTING LEVEL 2**  
 ALI K. MULTIPURPOSE

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

**6:00 PM - 7:00 PM**  
**HEELS DANCE**  
 EMMA F. ACTIVITY ROOM

**7:30 PM - 8:55 PM**  
**POWERLIFTING FUNDAMENTALS**  
 ALI K. MULTIPURPOSE

## THURSDAY

**12:30 PM - 1:30 PM**  
**SKATING BEG/INT**  
 ERIKA E. & LIZ R. ICE HOUSE

**6:00 PM - 7:25 PM**  
**WOMEN ONLY STRENGTH LEVEL 1**  
 CAMILLE D. MULTIPURPOSE

**6:30 PM - 8:30 PM**  
**KARATE (SHOTOKAN)**  
 HASHMAT K. COMBATIVES

**7:15 PM - 8:15 PM**  
**12-WEEK BUILD**  
 MELANIE R. PT STUDIO

**7:30 PM - 8:55 PM**  
**WOMEN ONLY STRENGTH LEVEL 2**  
 GRACE D. MULTIPURPOSE

## FRIDAY

**1:15 PM - 2:05 PM**  
**SKATE & SCRIMMAGE**  
 ERIKA E. ICE HOUSE

## SATURDAY

**10:30 AM - 11:30 PM**  
**DYNAMIC KICKBOXING (WOMEN ONLY)**  
 SONIA C. COMBATIVES

**11:30 AM - 1:00 PM**  
**INTERMEDIATE DYNAMIC KICKBOXING (WOMEN ONLY)**  
 SONIA C. COMBATIVES

**1:00 PM - 2:30 PM**  
**KUNG FU (WOMEN ONLY)**  
 SONIA C. COMBATIVES

## SUNDAY

**8:00 AM - 10:00 AM**  
**HAMMERTIME LONG COURSE (IRONMAN)**  
 SPIN STUDIO + OUTDOORS + POOL