

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

WINTER 2025 (JAN 13 - APR 20)

INSTRUCTIONAL SCHEDULE

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

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