

INSTRUCTIONAL SCHEDULE

FALL 2024 (SEPT 9 - DEC 14)

MON

12:00 - 12:50 PM
ICE SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
JACLYN T. & RAINI P.

12:00 - 12:50 PM
ICE HOCKEY
BEGINNER/INTERMEDIATE
ICE HOUSE
ERIKA E. & SYDNEY B.

12:00 - 1:00 PM
ELDOA STRETCH
ACTIVITY ROOM
PAM F.

5:00 - 6:00 PM
CALI FIT
MULTIPURPOSE ROOM
RAMI B.

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

6:00 - 7:00 PM
ADAPTIVE STRENGTH &
FLEXIBILITY
MULTIPURPOSE ROOM
JACLYN T.

6:00 - 7:25 PM
STRENGTH LEVEL 2
(WOMEN ONLY)
MULTIPURPOSE ROOM
LEX S.

7:30 - 8:55 PM
STRENGTH LEVEL 1
(WOMEN ONLY)
MULTIPURPOSE ROOM
LEX S.

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

TUE

3:00 - 3:50 PM
ICE SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
ERIKA E. & LIZ R.

5:45 - 7:15 PM
POWERLIFTING
FUNDAMENTALS
MULTIPURPOSE ROOM
ALI K.

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

6:30 - 8:00 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

 ADAPTIVE

 DANCE

 ICE SPORTS

 MARTIAL ARTS

 STRENGTH

WED

3:00 - 3:50 PM
FIGURE SKATING
BEGINNER/INTERMEDIATE
ICE HOUSE
LIZ R.

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

6:00 - 7:25 PM
STRENGTH LEVEL 1
(WOMEN ONLY)
MULTIPURPOSE ROOM
GRACE D.

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

6:30 - 7:30 PM
BEGINNER SPIN
SERIES
SPIN STUDIO
REBECCA T.

7:30 - 8:55 PM
STRENGTH TRAINING
(CO-ED)
MULTIPURPOSE ROOM
ALI K.

THU

4:30 - 5:30 PM
SKATE & SCRIMMAGE
ICE HOUSE (A)
ERIKA E.

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

6:30 - 8:00 PM
KARATE (SHOTOKAN)
COMBATIVES STUDIO
HASHMAT K.

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

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

 SPIN

 MOBILITY/STRETCH

FRI

12:00 - 1:00 PM
STICK MOBILITY
COMBATIVES STUDIO
PAM F.

1:30 - 2:30 PM
RINGETTE
BEGINNER/INTERMEDIATE
ICE HOUSE
JACLYN T.

SAT

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

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

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