

INSTRUCTIONAL SCHEDULE

SPRING 2025 (MAY 5 - JUNE 28)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00 - 11:30 AM FIGURE SKATING LIZ R. ICE HOUSE 12:00 - 12:50 PM ICE SKATING BEG/INT LIZ R. + RAINI P. ICE HOUSE 1:00 - 1:50 PM ICE HOCKEY BEG/INT SYDNEY B. ICE HOUSE 6:00 - 7:30 PM MUAY THAI & KICKBOXING SAM + MARTIN F. COMBATIVES 6:30 - 7:30 PM 8-WEEK BUILD CURT B. PT STUDIO 7:45 - 9:00 PM WOMEN ONLY STRENGTH L2 CAMILLE D. MULTIPURPOSE	12:00 - 12:50 PM ICE SKATING BEG/INT LIZ R. + RAINI P. ICE HOUSE 6:00 - 7:25 PM WOMEN ONLY STRENGTH L2 CAMILLE D. MULTIPURPOSE 6:30 - 8:00 PM KARATE (SHOTOKAN) HASHMAT K. COMBATIVES 6:45 - 7:45 PM 8-WEEK BUILD MELANIE R. PT STUDIO 7:30 - 8:55 PM WOMEN ONLY STRENGTH L1 CAMILLE D. MULTIPURPOSE	10:00 - 11:30 AM FIGURE SKATING LIZ R. ICE HOUSE 6:00 - 7:00 PM HEELS DANCE EMMA F. ACTIVITY ROOM 6:00 - 7:25 PM WOMEN ONLY STRENGTH L1 GRACE D. MULTIPURPOSE 6:00 - 7:30 PM MUAY THAI & KICKBOXING SAM + MARTIN F. COMBATIVES 6:30 - 7:30 PM 8-WEEK BUILD CURT B. PT STUDIO	12:00 - 12:50 PM ICE HOCKEY BEG/INT SYDNEY B. ICE HOUSE 6:30 - 8:00 PM KARATE (SHOTOKAN) HASHMAT K. COMBATIVES	11:00 - 12:30 PM WOMEN ONLY KICKBOXING BEG/INT SONIA C. COMBATIVES 12:30 - 2:00 PM WOMEN ONLY FIGHT LIKE MULAN SONIA C. COMBATIVES

