

September

2023

Key

Shannon Hall: SH

Alice MacKay: AM

Cloverdale Rec Centre: CRC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
		Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (SH) Silver Yoga: 5:30-6:00pm (SH)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
10	11	12	13	14	15	16
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (CRC/MP 203) Silver Dryland: 5:15-5:45 (CRC/ MP 203) Gold Dryland: 6:00-6:30pm (CRC/MP 203)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (SH) Silver Yoga: 5:30-6:00pm (SH)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
17	18	19	20	21	22	23
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (SH) Silver Yoga: 5:30-6:00pm (SH)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
24	25	26	27	28	29	30
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (CRC/MP 203) Silver Dryland: 5:15-5:45 (CRC/ MP 203) Gold Dryland: 6:00-6:30pm (CRC/MP 203)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/ Gold Jump (8:35-8:50am) - ARENA LOBBY
8	9	10	11	12	13	14
	Thanksgiving: No Classes	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (CRC/MP 204) Silver Yoga: 5:30-6:00pm (CRC/MP 204)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/ Gold Jump (8:35-8:50am) - ARENA LOBBY
15	16	17	18	19	20	21
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (CRC/MP 204) Silver Yoga: 5:30-6:00pm (CRC/MP 204)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/ Gold Jump (8:35-8:50am) - ARENA LOBBY
22	23	24	25	26	27	28
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (CRC/MP 204) Silver Yoga: 5:30-6:00pm (CRC/MP 204)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/ Gold Jump (8:35-8:50am) - ARENA LOBBY
29	30	31				
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)				Key Shannon Hall: SH Alice MacKay: AM Cloverdale Rec Centre: CRC

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
5	6	7	8	9	10	11
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
12	13	14	15	16	17	18
	No Dryland- On ice Classes will run as scheduled.	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
19	20	21	22	23	24	25
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
26	27	28	29	30		
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (AM) Silver Yoga: 5:30-6:00pm (AM)	<div> Key Shannon Hall: SH Alice MacKay: AM Cloverdale Rec Centre: CRC </div>	

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
3	4	5	6	7	8	9
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (SH) Silver Dryland: 5:15-5:45 (SH) Gold Dryland: 6:00-6:30pm (SH)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		Gold Yoga: 4:30-5:00pm (CRC/MP 204) Silver Yoga: 5:30-6:00pm (CRC/MP/ 204)	Bronze Dryland: 4:45-5:15pm (CRC/MP 204/205)	Silver Jump (750-8:05am)/ Bronze Jump (8:20-8:35am)/Gold Jump (8:35-8:50am)- ARENA LOBBY
10	11	12	13	14	15	16
	STAR Academy: 5:15-5:45 (CRC/MP 204/205) Bronze Dryland: 4:30-5:00pm (CRC/MP 203) Silver Dryland: 5:15-5:45 (CRC/ MP 203) Gold Dryland: 6:00-6:30pm (CRC/MP 203)	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		No Class- Team Olympic Day		
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Key

Shannon Hall: SH

Alice MacKay: AM

Cloverdale Rec Centre: CRC