

November 2023

	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 Off Ice Classes- On ice classes will run as scheduled.	Silver/Gold Dance: 3:45-4:15pm (SH) Bronze Dance: 4:45-5:15pm (SH)		SIMULATION- NO OFF ICE	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 202/203)	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)		

Key	
Shannon Hall:	SH
Alice MacKay:	AM
Cloverdale Rec Centre:	CRC

December 2023

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	
	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	
	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 Off Ice Classes- Team Olympic Day				
17		18		19		20		21		22	
24		25		26		27		28		29	
31											

Key
Shannon Hall: SH
Alice MacKay: AM
Cloverdale Rec Centre: CRC