



Weekly Training Schedule

	MON	TUE	WED	THU	FRI
14:15					
14:45	8U/10U JUNIOR 1 14:15-15:30 3 GK	8U/10U JUNIOR 2 14:15-15:30 3 GK	8U/10U JUNIOR 1 14:15-15:30 3 GK	8U/10U JUNIOR 2 14:15-15:30 3 GK	
15:15					
15:45	10U/12U JUNIOR 4 15:30-17:00 5 GK	12U/14U/16U JUNIOR 3 15:30-16:45 4 GK	10U/12U JUNIOR 4 15:30-17:00 5 GK	12U/14U/16U JUNIOR 3 15:30-16:45 4 GK	FORM SKATING 15:30-16:15
16:15					
16:45					OPEN RINK — FREE SKATE 16:15-17:15
17:15	JUNIOR GOALIES 17:00-17:45 8 GK	14U/16U JUNIOR 5 16:45-17:45 4 GK	SENIOR GOALIES 17:00-17:45 7 GK	14U/16U JUNIOR 5 16:45-17:45 4 GK	
17:45					
18:15	14U/16U JUNIOR 6 17:45-19:00 3 GK	LADIES 1 17:45-19:00 4 GK	MATCH SLOT INVITE 17:45-19:00 4 GK	LADIES 2 17:45-19:00 4 GK	
18:45					
19:15					
19:45	OPEN 1 19:00-20:30 3 GK	OPEN 2 19:00-20:30 4 GK	OPEN 1 19:00-20:30 3 GK	OPEN 2 19:00-20:30 4 GK	
20:15					