

2022/2023	Sunday	Monday	Mon Fitness	Tuesday	Tue Fitness	Wednesday	Wed Fitness	Thursday	Thu Fitness	Friday	Fri Fitness		Saturday
1:00				Off-Ice Sports Specific				Off-Ice Sports Specific					
1:15													
1:30		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold			
1:45		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold			
2:00		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		9:45	Flood
2:15		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		10:00	SASC Canskate
2:30		Flood		Flood		Flood		Flood		Flood		10:15	SASC Canskate
2:45		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		10:30	SASC Canskate
3:00		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		10:45	SASC Canskate
3:15		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		11:00	SASC Canskate
3:30	Flood	Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		11:15	SASC Canskate
3:45	SASC Canskate	Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		11:30	Flood
4:00	SASC Canskate	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	11:45	Int/Sr Star 5 to Gold
4:15	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold		Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:00	Int/Sr Star 5 to Gold
4:30	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold	Junior 1-5 Off-Ice Sports Specific	Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:15	Int/Sr Star 5 to Gold
4:45	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold	Junior 1-5 Off-Ice Sports Specific	Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:30	Int/Sr Star 5 to Gold
5:00	SASC Canskate	SASC Int/Sr Stroking		Go Auro Int/Sr Star 5 to Gold		Junior stroking		Int/Sr Dance/SS		Junior stroking		12:45	Int/Sr Stroking
5:15	Flood	SASC Int/Sr Stroking	SASC Star 1 Group warm-up	Go Auto Junior Star 1-5		Flood		Int/Sr Dance/SS	SASC Star 1 Group warm-up	Int/Sr Star 5 to Gold		1:00	Int/Sr Stroking
5:30	Int/Sr Star 5 to Gold & Adult	Flood		Go Auto Junior Star 1-5	Int/Sr Off-ice sports specific	SASC Canskate	Junior Star 1-5	Flood		Int/Sr Star 5 to Gold	Junior 1-5 Off-Ice Sports Specific	1:15	Flood
5:45	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	Go Auto Junior Star 1-5	Int/Sr Off-ice sports specific	SASC Canskate	Junior Star 1-5	SASC Star 1 Group		Int/Sr Star 5 to Gold	Junior 1-5 Off-Ice Sports Specific	1:30	Int/Sr Dance/SS
6:00	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	Flood		SASC Canskate	Junior Star 1-5	SASC Star 1 Group	Int/Sr Star 5 to Gold	Int/Sr Star 5 to Gold		1:45	Int/Sr Dance/SS
6:15	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	SASC GO AUTO Canskate		SASC Canskate		SASC Star 1 Group	Int/Sr Star 5 to Gold	END		2:00	Junior Star 1-5
6:30	Flood	SASC Star 1 Group		SASC GO AUTO Canskate		SASC Canskate		SASC Star 1 Group	Int/Sr Star 5 to Gold			2:15	Junior Star 1-5
6:45	Int/Sr/Adult privates	Flood		SASC GO AUTO Canskate		SASC Canskate		Flood	6:30-6:45 Off-Ice Sports Specific			2:30	Junior Star 1-5
7:00	Int/Sr/Adult privates	SASC Power		END		Flood		Junior Star 1-5				2:45	Junior stroking
7:15	Int/Sr/Adult privates	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5				3:00	Junior stroking
7:30	Flood	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5				3:15	END
7:45	SASC Adult group	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5					
8:00	SASC Adult group	SASC Power				Int/Sr & Adult Stroking		Junior Dance/SS					
8:15	SASC Adult group	SASC Power				Int/Sr & Adult Stroking		Junior Dance/SS					
8:30	END	END				END		END					