

SASC Spring 2023 Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
4:15-5:00pm Track Corner 4- (Landon) Conditioning	1:00-1:15pm Troy Murray- (Kristy) Sport Specific Warm-up	4:15-5:00pm Track Corner 3- (Jay) Strength Training	1:00-1:15pm Troy Murray- (Kris) Sport Specific Warm-up	4:15-5:00pm Mind Body Studio- (Trish) Yoga/Mobility
5:15-5:30pm Go Auto- (Kiera) Off-Ice Warm Up/Jumps	4:15-4:45pm Go Auto- (Alisha) Sport Specific Warm-up	6:00-6:30pm Go Auto- (K or K) Jump Technique	5:15-5:30pm Go Auto- (Alisha) Off-Ice Warm Up/Jumps	5:30-6:15pm Fitness Studio- (Trish) Conditioning
5:45-6:30pm Upstairs Board Room- (Alexa) Sport Specific	5:15-5:45pm Go Auto- (Alisha) Sport Specific Cool-Down		5:45-6:30pm Reliance Room- (Alexa) Sport Specific	
			6:30-6:45pm Troy Murray- (Alexa) Sport Specific Warm-up	

Skater Session By Color:

Competitive
Intr/Sr
Junior
Star 1

Cancelled Dryland Classes:

Monday- May 22	(Victoria Day Long Weekend)
Thursday- May 25	(New location TBD Intr/Sr)

Dryland start dates 2023:

May 15
Dryland End Date 2023:
June 23