

WEEKLY SCHEDULE

(Mon/Wed dryland in blue, Tue/Thur dryland in red, both groups share on-ice time)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>ON-ICE</u> 7:50-8:50PM	<u>DRYLAND</u> SKILLS 11:00AM-12:00PM STRENGTH 12:00-1:00PM	<u>DRYLAND</u> STRENGTH 6:30-7:30PM SKILLS 7:30-8:30PM	<u>DRYLAND</u> SKILLS 11:00AM-12:00PM STRENGTH 12:00-1:00PM <u>ON-ICE</u> 2:00-3:00PM	<u>DRYLAND</u> STRENGTH 6:30-7:30PM SKILLS 7:30-8:30PM