

SCHEDULE GROUP 3

U7 - U11

	TUE	WED	THU	FRI
7:45 - 8:30	ICE	ICE	ICE	ICE
8:30 - 9:00	CHANGE	CHANGE	CHANGE	CHANGE
9:00 - 9:45	STRENGTH & CONDITIONING	LECTURE	STRENGTH & CONDITIONING	LECTURE
9:45 - 10:15	STICKHANDLING	SHOOTING	STICKHANDLING	SHOOTING
10:15 - 10:45	CHANGE	CHANGE	CHANGE	CHANGE
10:45 - 11:30	ICE	ICE	ICE	ICE
11:30 - 12:00	CHANGE	CHANGE	CHANGE	CHANGE
12:00 - 12:45	LUNCH	LUNCH	LUNCH	LUNCH
12:45 - 13:15	MOBILITY	MOBILITY	MOBILITY	MOBILITY
13:15 - 13:45	CHANGE	CHANGE	CHANGE	CHANGE
13:45 - 14:15	ICE	ICE	ICE	ICE
14:15 - 14:45	CHANGE	CHANGE	CHANGE	CHANGE