

SCHEDULE GROUP 2

U13 - U15

	TUE	WED	THU	FRI
8:45 - 9:30	ICE	ICE	ICE	ICE
9:30 - 10:00	CHANGE	CHANGE	CHANGE	CHANGE
10:00 - 10:45	STRENGTH & CONDITIONING	LECTURE	STRENGTH & CONDITIONING	LECTURE
10:45 - 11:15	STICKHANDLING	SHOOTING	STICKHANDLING	SHOOTING
11:15 - 11:45	CHANGE	CHANGE	CHANGE	CHANGE
11:45 - 12:30	ICE	ICE	ICE	ICE
12:30 - 13:00	CHANGE	CHANGE	CHANGE	CHANGE
13:00 - 13:45	LUNCH	LUNCH	LUNCH	LUNCH
13:45 - 14:15	MOBILITY	MOBILITY	MOBILITY	MOBILITY
14:15 - 14:45	CHANGE	CHANGE	CHANGE	CHANGE
14:45 - 15:30	ICE	ICE	ICE	ICE
15:30 - 16:00	CHANGE	CHANGE	CHANGE	CHANGE