

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00am	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Open Gym	Open Gym
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
9:30 – 10:30am	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Open Gym
10:30 – 11:30am	Summer Hockey Camp	Open Gym	Summer Hockey Camp	Open Gym	Summer Hockey Camp	Open Gym	
5:00 – 6:00pm	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Adult & Teen Strength & Conditioning	Open Gym	
6:00 – 7:00pm	Open Gym	Adult & Teen Strength & Conditioning	Open Gym	Open Gym	Open Gym		
		6-13yr Old Strength & Conditioning					
8:00 – 9:00pm		Open Gym					