

# MARCH BREAK 2019

Week of: **March 11**

	3/11 MONDAY	3/12 TUESDAY	3/13 WEDNESDAY	3/14 THURSDAY	3/15 FRIDAY
8:00 AM	ARRIVE	ARRIVE	ARRIVE	ARRIVE	ARRIVE
8:30 AM	STRETCH CLASS	STRETCH CLASS	STRETCH CLASS	STRETCH CLASS	STRETCH CLASS
9:00 AM	SNACK	SNACK	SNACK	SNACK	SNACK
9:30 AM	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP
10-12:30	ON-ICE	ON-ICE	ON-ICE	ON-ICE	ON-ICE
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-3	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING
4:00 PM	TRX	MINI TRAMPOLINE	YOGA FOR SKATERS	LINDSEY CARDIO	LINDSEY PILATES
4:30 PM	CLEAN-UP	CLEAN-UP	CLEAN-UP	CLEAN-UP	CLEAN-UP
5:00 PM	GOOD-BYE	GOOD-BYE	GOOD-BYE	GOOD-BYE	GOOD-BYE

## NOTES

Please pack a peanut free lunch, re-fillable water bottle, skating attire, Swim suit, workout clothing, running shoes.

Hockey players only need skates helmets and gloves.

Pick up time is 5:00. Late pickup will be charged \$5.00 per 15 minutes.

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