

Sample Schedule	Subject to change based on enrollment
6:45 am	Breakfast
7:00-8:00 am	Freestyle
8:15-8:45 am	Yoga
9:00-9:30 am	On Ice Power & Edge
9:45-10:15 am	Off Ice with Guest Coach
10:30-11:00 am	On Ice with Guest Coach
11:15-11:45 am	Off Ice Conditioning
Noon - 12:30 pm	Off Ice Performance Class
12:30-1:00 pm	LUNCH
1:15-1:45 pm	Off Ice - Specialty Sessions
2:00-2:30 pm	Down Time
3:00-3:30 pm	On Ice with Guest Coach
3:45-4:15 pm	Stretch
4:15 pm	End of Day for Commuters
5:00 pm	Dinner
Fun Camp activity	