

SUNGOD SKATING CLUB - FALL 2020

MONDAY SUNGOD ARENA		TUESDAY SUNGOD ARENA		WEDNESDAY SUNGOD ARENA		THURSDAY SUNGOD ARENA		FRIDAY SUNGOD ARENA		SUNDAY SUNGOD ARENA	
On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
		6:00 - 6:45 am OPEN 2	6:00 - 6:45 am Session F OFF ICE Conditioning			6:00 - 6:45 am OPEN 4				8:30 - 9:00 am CANSKATE	
		7:00 - 8:00 am Session F				7:00 - 8:00 am Session D				9:15 - 9:45 am CANSKATE	
12:45 - 1:45 pm Session A		1:00 - 2:00 pm Session A				1:00 - 2:00 pm Session A		12:45 - 1:45 pm Session A		10:00 - 10:45 am CANSKATE	
2:00 - 3:00 pm OPEN 1		2:15 - 3:15 pm OPEN 3				2:15 - 3:15 pm OPEN 5		2:00 - 3:00 pm OPEN 6		11:00 - 11:45 am CANSKATE	
3:15 - 4:00 pm Session B		3:30 - 4:15 pm Session E				3:30 - 4:15 pm Session C	3:30 - 4:15 pm Session B OFF ICE Conditioning	3:15 - 4:00 pm Session C		12:00 - 12:45 pm ACADEMY	
4:15 - 5:00 pm Session C		4:30 - 5:15 pm Session C	4:30 - 5:15 pm Session E OFF ICE Condiotning			4:30 - 5:15 pm Session B	4:30 - 5:15 pm Session C OFF ICE Conditioning	4:15 - 5:00 pm Session B	4:15 - 5:00 pm Session C OFF ICE Conditioning	1:00 - 2:00 pm Session A	1:00 - 1:45 pm ACADEMY OFF ICE Conditioning
5:15 - 6:00pm Session E		5:30 - 6:15 pm Session B	5:30 - 6:15 pm Session C OFF ICE Conditioning			5:30 - 6:15 pm Session E	5:30 - 6:15 pm ACADEMY OFF ICE Conditioning	5:15 - 6:00pm Session D	5:15 - 6:00 pm Session B OFF ICE Conditioning	2:15 - 3:15 pm Session C	2:15 - 3:15 pm Session A OFF ICE Conditioning
6:15 - 7:00 pm Session D		6:30 - 7:15 pm ACADEMY	6:30 - 7:15 pm Session B OFF ICE Conditioning			6:30 - 7:15 pm ACADEMY	6:30 - 7:15 pm Session E OFF ICE Conditioning	6:15 - 7:00 pm Session F	6:15 - 7:00 pm Session D OFF ICE Conditioning	3:30 - 4:30 pm Session E	3:30 - 4:30 pm Session C OFF ICE Conditioning
	7:15 - 8:00 pm Session D OFF ICE Conditioning		7:30 - 8:15 pm ACADEMY OFF ICE Conditioning						7:15 - 8:00 pm Session F OFF ICE Conditioning	4:45 - 5:45 pm Session D	4:45 - 5:45 pm Session E OFF ICE Conditioning
										6:00 - 7:00 pm Session F	6:00 - 7:00 pm Session D OFF ICE Conditioning
<b>5.00 hours</b>		<b>6.75 hours</b>		<b>0.00 hours</b>		<b>6.75 hours</b>		<b>5.00 hours</b>		<b>8.25 hours</b>	7:15 - 8:15 pm Session F OFF ICE Conditioning
TOTAL = 31.75 active + 7.75 Floods & Breaks = 39.50 hours											