

TJ Power Fit- Summer Camp 2020 Tentative Schedule

Monday- Thursday

Group #1 (Novice-Atom)

9:15-10:00am Dryland
10:00-10:30am- Break
10:30-11:45am- Ice Session
11:45-12:00- Flood
12:00-12:30- Class

Group #2 (2nd year Atom-Bantam)

9:15- 10:15am- Dryland
10:30-11:15am Class
11:15am- 12:00pm- Break
12:00- 1:15pm- Ice Session

Stride Sessions

1:30- 2:00pm- Gp #1 (Atom)
2:00- 2:30pm- Gp #2 (Atom & PeeWee)

BREAK 2:30-4:00pm

4:00-4:30pm- Gp #3 (PeeWee & Bantam)
4:30-5:00pm- Gp #4 (Bantam & Midget)

Group #3 (2nd year Bantam- Midget & Junior)

5:15-6:30pm- On Ice
7:00-8:15pm- Dryland & Class time @TJ Power Fit Studio

Friday Ice Time Only

10:15am- 11:30am- **Group #3**
11:30am-11:45am Flood
11:45am- 1:00pm- **Group #1**
1:00pm-1:15pm Flood
1:15pm-2:30pm- **Group #2**