

DECEMBER 2019 (last updated Aug 9th, 2019)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|-----------|---|---|-----------------------------------|
| 4:00-4:30 PM JD Off Ice RRFS 4:45-6:00 PM JD RRA 1 | 2 | 3 | 4 | 5:00-5:45 PM Jr/JD Rinkside Off Ice 6:00-7:15 PM JD NBA 7:15-8:00 PM Jr/JD Rinkside Off Ice 5 | <i>Calgary Region STARSkate</i> 6 6:00-6:25 PM Teen/JD Off Ice 6:30-7:30 PM Teen/JD NBA | <i>Calgary Region STARSkate</i> 7 |
| <i>Calgary Region STARSkate</i> 8 4:00-4:30 PM JD Off Ice RRFS 4:45-6:00 PM JD RRA | 9 | 10 | 11 | 5:00-5:45 PM Jr/JD Rinkside Off Ice 6:00-7:15 PM JD NBA 7:15-8:00 PM Jr/JD Rinkside Off Ice 12 | 6:00-6:25 PM Teen/JD Off Ice 6:30-7:30 PM Teen/JD NBA 13 | 14 |
| 4:00-4:30 PM JD Off Ice RRFS 4:45-6:00 PM JD RRA 15 | 16 | 17 | 18 | 5:00-5:45 PM Jr/JD Rinkside Off Ice 6:00-7:15 PM JD NBA 7:15-8:00 PM Jr/JD Rinkside Off Ice 19 | 6:00-6:25 PM Teen/JD Off Ice 6:30-7:30 PM Teen/JD NBA 20 | 21 |
| No JD 22 | 23 | 24 | 25 | No JD 26 | No JD 27 | 28 |
| No JD 29 | 30 | 31 | | | | |

NBA: Norma Bush Arena
 RRA: Rocky Ridge Enerplus Arena
 RRFS: Rocky Ridge Arena Fitness Studio