

# November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 5:00-6:15pm-JD RRA	<b>2</b> 6:30-8:00am Mixed-FDB	<b>3</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>4</b> 6:30-8:00am Mixed-CCT	<b>5</b> 6:30-8:00am Mixed NB 5:00-5:45 Office JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>6</b> 6:30-7:30am-Online Strength Training 2:30pm-4:15PM Mixed FDB 6:00-7:30pm JD/JR-NB	<b>7</b> 1:30-2:15 SR Off ice 2:30-4:30pm SR-NB 4:15pm-5:30pm JR NB
<b>8</b> 7:00-8:45am Mixed-COP 5:00-6:15pm-JD RRA	<b>9</b> 6:30-8:00am Mixed-FDB	<b>10</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>11-STAT</b>	<b>12</b> 6:30-8:00am Mixed NB 5:00-5:45 Office JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>13</b> 6:30-7:30am-Online Strength Training 2:30-4:15pm Mixed FDB 6:00-7:30pm-JD/JR NB	<b>14</b> 1:30-2:15 SR Off ice 2:30-4:30pm-SR NB 4:15-5:30pm-JR NB
<b>15</b> 5:00-6:15pm-JD RRA	<b>16-CSSD</b> 6:30-8:00am-Mixed FDB	<b>17-CSSD</b> 6:30-8:00am-Stroking COP 6:30-7:45pm Mixed-NB	<b>18</b> 6:30-8:00amMixed-CCT	<b>19</b> 6:30-8:00am Mixed NB 5:00-5:45 Office JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>20-CBE</b> 6:30-7:30am-Online Strength Training 2:30-4:15pm Mixed FDB 6:00-7:30pm-JD/JR NB	<b>21</b> 1:30-2:15 SR Off ice 2:30-4:30pm-SR NB 4:15-5:30pm-JR NB
<b>22</b> 5:00-6:15pm-JD RRA	<b>23</b> 6:30-8:00am Mixed-FDB	<b>24</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>25</b> 6:30-8:00am Mixed-CCT	<b>26</b> 6:30-8:00am Mixed NB 5:00-5:45 Office JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>27</b> 6:30-7:30am-Online Strength Training 2:30pm-4:15 Mixed pm FDB 6:00-7:30pm JD/JR-NB	<b>28</b> 1:30-2:15 SR Off ice 2:30-4:30pm SR-NB 4:15-5:30pm JR NB
<b>29</b> NO ICE	<b>30</b> 6:30-8:00am Mixed-FDB		COP – Canada Olympic Park/Winsport NB – Norma Bush CCT – Crowchild Twin Arena	FDB – Father David Bauer RRA – Rocky Ridge Arena		