

# October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NB – Norma Bush COP – Winsport/Canada Olympic Park RRA – Rocky Ridge Arena	FDB – Father David Bauer CCT – Crowchild Twin Arena			<b>1</b> 6:30-8:00am Mixed NB 5:00-5:45 Off ice JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>2</b> 6:30-7:30am-Online Strength Training 1:00-3:00pm Mixed-COP <b>5:45-7:15pmJd/Jr-COP</b>	<b>3</b> 1:30-2:15 Sr Off ice <b>2:30-4:30pm SR-COP</b>
<b>4</b> 7:00-8:45am Mixed-COP 5:00-6:15pm-JD RRA	<b>5</b> 6:30-8:00am- Mixed FDB	<b>6</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>7</b> 6:30-8:00am Mixed-CCT	<b>8</b> 6:30-8:00am Mixed NB 5:00-5:45 Off ice JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>9-CBE</b> 6:30-7:30am-Online Strength Training 2:30-4:45pm Mixed FDB 6:00-7:30pm Jd/Jr-NB	<b>10</b> 1:30-2:15 Sr Off ice 2:30-4:30pm SR-NB 4:15-5:30pm JR- NB
<b>11</b>	<b>12 - STAT</b>	<b>13</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>14</b> 6:30-8:00am Mixed-CCT	<b>15</b> 6:30-8:00am Mixed NB 6:15-7:00 Off ice JR NB <b>7:15-8:30 JD/JR NB</b> <b>8:30-9:45pmSR-NB</b>	<b>16</b> 6:30-7:30am-Online Strength Training <b>1:00-3:00pm Mixed COP</b> 6:00-7:30pm Jd/Jr-NB	<b>17</b> 1:30-2:15 Sr Off ice 2:30-4:30pm SR-NB 4:15-5:30pm JR-NB
<b>18</b> 5:00-6:15pm-JD RRA	<b>19</b> 6:30-8:00am Mixed-FDB	<b>20</b> 6:30-8:00am Stroking-COP 6:30-7:45pm- Mixed NB	<b>21</b> 6:30-8:00am Mixed-CCT	<b>22</b> 6:30-8:00am Mixed NB 5:00-5:45 Off ice JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>23</b> 6:30-7:30am-Online Strength Training <b>1:00-3:00pmMixed COP</b> 6:00-7:30pm-Jr/Jd NB	<b>24</b> 1:30-2:15 Sr Off ice 2:30-4:30pm Sr-NB 4:15-5:50pm Jr NB
<b>25</b> 7:00-8:45am Mixed-COP 5:00-6:15pm-JD RRA	<b>26</b> 6:30-8:00am Mixed-FDB	<b>27</b> 6:30-8:00am Stroking-COP 6:30-7:45pm Mixed-NB	<b>28</b> 6:30-8:00am Mixed-CCT	<b>29-CSSD</b> 6:30-8:00am Mixed NB 5:00-5:45 Off ice JR NB 6:00-7:15 JD/JR NB 7:15-8:30 SR-NB	<b>30-CBE/CSSD</b> 6:30-7:30am-Online Strength Training <b>1:00pm-3:00pm COP</b> 6:00-7:30pm-Jr/Jd NB	<b>31</b> 1:30-2:15 Sr Off ice 2:30-4:30pm-NB