

TUESDAY				
	Red	Green	Purple	Gold
8:30 AM	Breakfast		Breakfast	Breakfast
8:45 AM		Breakfast		
9:00 AM	Warm Up		PE/F&N	
9:15 AM	Ice - All	Class - Banquet		
9:30 AM				
9:45 AM				
10:00 AM				
10:15 AM		Break		
10:30 AM	Cool down	Warm Up		
10:45 AM	Break	Ice 1-3		
11:00 AM			Warm up	
11:15 AM	Class - Bar		Ice 4-6	Class - Banquet
11:30 AM				
11:45 AM				
12:00 PM		Cool Down		
12:15 PM	Lunch	Lunch	Cool Down	Lunch
12:30 PM			Lunch	
12:45 PM				Warm Up
1:00 PM	To Disc Golf			Ice - All
1:15 PM	Disc Golf		Class - Bar	
1:30 PM				
1:45 PM				
2:00 PM				
2:15 PM				Break
2:30 PM	From Disc Golf		Warm Up	Break
2:45 PM	Class - Bar	Warm up	Ice 1-3	Class - Banquet
3:00 PM		Ice 4-6		
3:15 PM				
3:30 PM				
3:45 PM	Break			Break
4:00 PM	Warm Up	Cool Down	Cool Down	Warm Up
4:15 PM	Ice 1-3	Break	Break	Ice 4-6
4:30 PM				
4:45 PM		Class - Banquet	Class - Bar	
5:00 PM				
5:15 PM	Cool Down			Cool Down
5:30 PM	Week A - Scottish MMCF Presenation/ Week B -Free Time at Club OR Guest			
6:00 PM	Dinner			
7:00 PM	Purple/Gold - CurlingRed/Green - Swimming Waterloo			
9:00 PM	residence common areas- 1-on-1 on-ice sessions with coach (15 mins)- F			
11:00 PM	In own rooms, doors closed			