

<b>WEDNESDAY</b>				
	<b>Red</b>	<b>Green</b>	<b>Purple</b>	<b>Gold</b>
<b>8:30 AM</b>	Breakfast	Breakfast		Breakfast
<b>8:45 AM</b>			Breakfast	
<b>9:00 AM</b>	PE/F&N			Warm Up
<b>9:15 AM</b>			Class - Bar	Ice - All
<b>9:30 AM</b>				
<b>9:45 AM</b>				
<b>10:00 AM</b>				
<b>10:15 AM</b>			Break	
<b>10:30 AM</b>			Warm Up	Cool Down
<b>10:45 AM</b>			Break	Break
<b>11:00 AM</b>		Warm up		
<b>11:15 AM</b>	Class - Bar	Ice 1-3		Class - Banquet
<b>11:30 AM</b>				
<b>11:45 AM</b>				
<b>12:00 PM</b>			Cool Down	
<b>12:15 PM</b>	Lunch	Cool Down	Lunch	Lunch
<b>12:30 PM</b>		Lunch		
<b>12:45 PM</b>	Warm Up			
<b>1:00 PM</b>	Ice - All		To Rock Climbing / Gym	
<b>1:15 PM</b>		Class - Banquet	Week A - Rock Climbing / Week B - Waterloo Gym	
<b>1:30 PM</b>				
<b>1:45 PM</b>				
<b>2:00 PM</b>				
<b>2:15 PM</b>	Cool Down	Break	From Rock Climbing	
<b>2:30 PM</b>	Break	Warm Up		
<b>2:45 PM</b>	Class - Bar	Ice 4-6	Warm Up	Class - Banquet
<b>3:00 PM</b>			Ice 1-3	
<b>3:15 PM</b>				
<b>3:30 PM</b>				
<b>3:45 PM</b>	Break			Break
<b>4:00 PM</b>	Warm Up	Cool Down	Cool Down	Warm Up
<b>4:15 PM</b>	Ice 1-3	Break	Break	Ice 4-6
<b>4:30 PM</b>				
<b>4:45 PM</b>		Class - Banquet	Class - Bar	
<b>5:00 PM</b>				
<b>5:15 PM</b>	Cool Down			Cool Down
<b>5:30 PM</b>	Week A - Emma Miskew/ Week B - Wendy/Mick Paralympics			
<b>6:00 PM</b>	Dinner			
<b>7:00 PM</b>	Electives Night			
<b>9:00 PM</b>	In own rooms, doors closed			
<b>11:00 PM</b>	In own rooms, doors closed			