**Off ice schedule Winter 2018**

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| **Date** | **Time** | **Arena/Room** | **Instructor** |
| January 6 | 1-2 pm | Cataraqui/Upstairs Sunnyside Hall | Edward |
| January 13 | 1-2 pm | INVISTA/Fitness room | Laura |
| January 20 | 1-2 pm | INVISTA/Fitness room | Edward |
| January 27 | 1-2 pm | INVISTA/Fitness room | Laura |
| February 3 | 1-2 pm | INVISTA/Fitness room | Edward |
| February 10 | 1-2 pm | INVISTA/Fitness room | Laura |
| February 17 | 1-2 pm | INVISTA/Fitness room | Edward |
| February 24 | 1-2 pm | INVISTA/Fitness room | Laura |
| March 3 | 1-2 pm | Cataraqui/Upstairs Sunnyside Hall | Edward |
| March 10 | 1-2 pm | Cataraqui/Upstairs Sunnyside Hall | Laura |