



Off- Ice Dates 2018

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Room</u>	<u>Instructor</u>
September 15,2018	1:00-2:00pm	INVISTA Centre	Fitness Studio	Edward
September 29,2018	1:00-2:00pm	Cataraqui Arena	Sunnyside Hall	Laura
October 6,2018	2:00-3:00pm	INVISTA Centre	Fitness Studio	Laura
October 13,2018	2:00-3:00pm	INVISTA Centre	Hall C	Edward
October 20,2018	2:00-3:00pm	INVISTA Centre	Hall A	Edward
October 27,2018	2:00-3:00pm	INVISTA Centre	Hall A	Laura
November 3,2018	2:00-3:00pm	INVISTA Centre	Hall C	Edward
November 10,2018	2:00-3:00pm	INVISTA Centre	Hall C	Laura
November 17,2018	2:00-3:00pm	INVISTA Centre	Hall A	Edward
November 24,2018	2:00-3:00pm	INVISTA Centre	Hall A	Laura
December 1, 2018	2:00-3:00pm	Cataraqui Arena	Sunnyside Hall	Edward
December 8, 2018	2:00-3:00pm	INVISTA Centre	Hall B	Laura