



## Off-Ice Training Schedule at the Vision Sports Club Commences Monday September 9, 2024

Monday's 4pm-5pm – 15 U AAA

5pm-6pm – 16U AAA

7pm-8pm - 18 U AAA

Tuesday's 7pm-8pm – 16 U AA

Wednesday's 4pm-5pm – 13 Pure

5pm-6pm – 14 U A

7pm-8pm – 14 UU AA White

Thursdays 4pm-5pm – 14 UAA Blue

5pm-6pm - 15 U AA