



This is an **EXAMPLE** 4 week Hockey Speed Pass (HSP). Times/Days may vary. Please contact facility for availability.  
 Stick Handling/Shooting classes: M-TH 10-1; 3-6 pm....Stick Handling and Weight classes are **ADD ON** programs.  
 Weight Training classes: M-F 10-6 pm



# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> 3:00 pm Stick/Shoot 4:00 pm Skate	<b>1</b> 10:00 am Weight Train 11:00 am RapidShot	<b>2</b> 2:00 pm Stick/Shoot 3:00 pm Plyometric	<b>3</b> 3:30 pm RapidShot 4:00 pm Skate	<b>4</b> 10:00 am Weight Train	<b>5</b>
<b>6</b>	<b>7</b> 10:30 am RapidShot 11:00 am Skate	<b>8</b> 12:30 pm RapidShot 1:00 pm Plyometric 2:00 pm Stick/Shoot	<b>9</b> 10:00 am Weight Train 11:00 am RapidShot	<b>10</b> 3:00 pm Stick/Shoot 4:00 pm Skate	<b>11</b> 10:30 am RapidShot 11:00 am Weight Train	<b>12</b> 9:30 am RapidShot 10:00 pm Skate
<b>13</b>	<b>14</b> 3:00 pm Plyometric 4:00 pm Stick/Shoot	<b>15</b> 12:30 pm RapidShot 1:00 pm Skate	<b>16</b> 9:30 am RapidShot 10:00 am Weight Train	<b>17</b> 3:00 pm Stick/Shoot 4:00 pm Skate	<b>18</b> 12:30 pm RapidShot 1:00 pm Weight Train	<b>19</b> 9:30 am RapidShot 10:00 am Skate
<b>20</b>	<b>21</b> 3:30 pm RapidShot 4:00 pm Skate	<b>22</b> 10:00 am Stick/Shoot 11:00 am Weight Train	<b>23</b> 2:30 pm RapidShot 3:00 pm Skate	<b>24</b> 10:00 am Stick/Shoot 11:00 am Weight Train	<b>25</b> 9:00 am Skate 10:00 am RapidShot	<b>26</b> 9:30 am RapidShot 10:00 am Plyometric
<b>27</b>	11 hours of Skating Treadmill 4 hours of Plyometrics 8 hours of Weight Training 8 hours of Stick handling 7.5 hours of RapidShot <b>38.5 Total hours of Training!</b>					