

May/June 2022	Spring School Calendar				LBFSC	FITNESS STUDIO	GYM		CARDEL	FLAMES ROOM
	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	MAY	16	MAY	17	MAY	18	MAY	19	MAY	20
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN				
	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	3:30-4:15 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	4:15-5:00 PM	STAR 6-Gold
	6:15-7:15 PM	Off-Ice-STAR 6-G	6:15-7:00 PM	STAR 6-Gold	5:00-6:00 PM	Yoga STAR 1-5	6:15-7:00 PM	STAR 6-Gold	5:15-6:00 PM	STAR 6-Gold
			*4:45-5:00 PM	Stroking Incl.	6:00-7:00 PM	Yoga STAR 6-G	*4:45-5:00 PM	Stroking Incl.		
Week 2	MAY	23	MAY	24	MAY	25	MAY	26	MAY	27
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN				
	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	3:30-4:15 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	4:15-5:00 PM	STAR 6-Gold
	6:15-7:15 PM	Off-Ice-STAR 6-G	6:15-7:00 PM	STAR 6-Gold	5:00-6:00 PM	Yoga STAR 1-5	6:15-7:00 PM	STAR 6-Gold	5:15-6:00 PM	STAR 6-Gold
			*4:45-5:00 PM	Stroking Incl.	6:00-7:00 PM	Yoga STAR 6-G	*4:45-5:00 PM	Stroking Incl.		
Week 3	MAY	30	MAY	31	JUNE	1	JUNE	2	JUNE	3
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN				
	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5	4:00-5:00 PM*	STAR 1-5	3:30-4:15 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold	4:45-6:00 PM*	STAR 6-Gold	4:15-5:00 PM	STAR 6-Gold
	6:15-7:15 PM	Off-Ice-STAR 6-G	6:15-7:00 PM	STAR 6-Gold	5:00-6:00 PM	Yoga STAR 1-5	6:15-7:00 PM	STAR 6-Gold	5:15-6:00 PM	STAR 6-Gold
			*4:45-5:00 PM	Stroking Incl.	6:00-7:00 PM	Yoga STAR 6-G	*4:45-5:00 PM	Stroking Incl.		
Week 4	JUNE	6	JUNE	7	JUNE	8	JUNE	9	JUNE	10
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN	6:15-7:45 AM	OPEN		
	4:00-5:00 PM	STAR 1-5	3:45-4:45 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5			3:00-3:45 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:30-5:30 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold			3:45-4:30 PM	STAR 6-Gold
	6:00-7:00 PM	Off-Ice	5:45-6:45 PM	STAR 6-Gold	5:00-6:00 PM	Yoga STAR 1-5			4:30-5:30 PM	STAR 6-Gold
			*4:30-4:45 PM	Stroking Incl.	6:00-7:00 PM	Yoga STAR 6-G				
Week 5	JUNE	13	JUNE	14	JUNE	15	JUNE	16	JUNE	17
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN	6:15-7:45 AM	OPEN		
	4:00-5:00 PM	STAR 1-5	3:45-4:45 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5			3:00-3:45 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:30-5:30 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold			3:45-4:30 PM	STAR 6-Gold
	6:00-7:00 PM	Off-Ice	5:45-6:45 PM	STAR 6-Gold		---			4:30-5:30 PM	STAR 6-Gold
			*4:30-4:45 PM	Stroking Incl.		---				
Week 6	JUNE	20	JUNE	21	JUNE	22	JUNE	23	JUNE	24
	6:15-7:45 AM	OPEN			6:15-7:45 AM	OPEN				
	4:00-5:00 PM	STAR 1-5	3:45-4:45 PM*	STAR 1-5	4:00-5:00 PM	STAR 1-5	3:45-4:45 PM*	STAR 1-5	3:00-3:45 PM	OPEN
	5:00-6:00 PM	STAR 6-Gold	4:30-5:30 PM*	STAR 6-Gold	5:00-6:00 PM	STAR 6-Gold	4:30-5:30 PM*	STAR 6-Gold	3:45-4:30 PM	STAR 6-Gold
		---	5:45-6:45 PM	STAR 6-Gold		---	5:45-6:45 PM	STAR 6-Gold	4:30-5:30 PM	STAR 6-Gold
			*4:30-4:45 PM	Stroking Incl.		---	*4:30-4:45 PM	Stroking Incl.		