

| June 2022 Schedule | | | | | | |
|---|---|--|--|--|---|---------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training ALL DAY | CLOSED |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training 3-6 | Open for Individual Training ALL DAY | CLOSED |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| CAMP 10:30 - 2:00 Treadmill: Stride/Edge Work Workout: Lower Body Skills: Stick Handling *Open for Individual Training 3-6 | CAMP 10:30 - 2:00 Treadmill: Power/ Explosivemness Workout: Upper Body Skills: Shot Power/ Accuaracy *Open for Individual Training 3-6 | CAMP 10:30 - 2:00 Treadmill: Speed/ Efficiency Workout: Full Body circuit Skills: Passing w/ Shooting *Open for Individual Training 3-6 | CAMP 10:30 - 2:00 Treadmill: Competition Workout: Active Recovery Skills: Competition *Open for Individual Training 3-6 | ON ICE 2009-11: 9:30 -11:00 2006-09: 11:15 - 1:00 Skills Stations 3v3 Mini Games *Open for Individual Training 3-6 | Open for Individual Training ALL DAY | CLOSED |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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| 27 | 28 | 29 | 30 | | | |
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