

SUNGOD SKATING CLUB
Spring 2024
Thursday Morning Workshops & Ice Cardio Schedule

APRIL			
DATES	GROUPS		
	Junior	Intermediate	Senior
Thursday 04 th	✓		
Thursday 11 th		✓	
Thursday 18 th			✓
Thursday 25 th	✓		
MAY			
Thursday 02 nd		✓	
Thursday 09 th			✓
Thursday 16 th	✓		
Thursday 23 rd		✓	
Thursday 30 th			✓
JUNE			
Thursday 06 th	✓		
Thursday 13 th		✓	
Thursday 20 th			✓
TOTAL WORKSHOPS	4	4	4

Workshops will run from 6:00 – 7:00 am with 30 minutes of Ice Cardio from 7:00 – 7:30 am

Purchase of the ice is for 90 minutes at the cost of only 60 minutes.