

T _T Start time	End time	📍 Location	🕒 Activity type	T _T Instructor
November 4 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
November 11 - 6:00 pm	7:00 pm	gym ESCHS	Barre & Stretch	Jaana M.
November 18 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
November 25 - 6:00 pm	7:00 pm	gym ESCHS	Performance	Meadow G.
December 2 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
December 9 - 6:00 pm	7:00 pm	gym ESCHS	Barre & Stretch	Jaana M.
December 16 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
January 6 - 6:00 pm	7:00 pm	gym ESCHS	Performance	Meadow G.
January 13 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
January 20 - 6:00 pm	7:00 pm	gym ESCHS	Barre & Stretch	Jaana M.
January 27 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
February 3 - 6:00 pm	7:00 pm	gym ESCHS	Performance	Meadow G.
February 10 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
February 17 - 6:00 pm	7:00 om	gym ESCHS	Barre & Stretch	Jaana M.
February 24 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
March 3 - 6:00 pm	7:00 pm	gym ESCHS	Performance	Meadow G.
March 10 - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
March 24 - 6:00 pm	7:00 pm	gym ESCHS	Barre & Stretch	Jaana M.
March 31st - 4:00 pm	5:00 pm	upstairs THEC	Strength Training	Chantal J.
CFSC 2025-26 Off-ice Schedule				