

FLEURY GROUP
“GOALIES”

Sunday

Note: Goalies are skating with their
respective age group

A 2:00 p.m.
B 2:50 p.m.
C 4:00 p.m.
D 4:50 p.m.

Monday through Thursday

Friday

6:10 a.m. Rise and shine

Follow your respective age group

6:30 a.m. Dressing Room

7:00 a.m. On ice

8:00 a.m. Breakfast

8:40 a.m. Video session

9:30 a.m. Conditioning

10:30 a.m. Lecture

11:10 a.m. Dressing room

11:40 a.m. On ice

12:40 p.m. Lunch

Note: Goalies will be assigned to a group for the afternoon sessions and games.

(Monday through Thursday)