



Conditioning Camps for 2022-2023 CNN SPURS

Location-Bon Accord Arena

	Sunday 18th	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd
10:00-11:00	Goalie				
11:00-11:15	Flood				
11:15-12:15	Goalie				
12:15-12:30	Flood				
12:30-1:30	U9				
1:30-1:45	Flood				
1:45-2:45	U11				
2:45-3:00	Flood				
3:00-4:00	U13				
4:00-4:15	Flood				
4:15-5:15	U15				
5:15-5:30	Flood				
5:30-6:30	U18	U11	Goalie	U9	U11
6:30-6:45	Flood	Flood	Flood	Flood	Flood
6:45-7:45		U13	Goalie	U11	U15
7:45-8:00		Flood	Flood	Flood	Flood
8:00-9:00		U15	Hit Clinic- Ice	U13	U18
9:00-9:15		Flood	Flood	Flood	Flood
9:15-10:15		U18			

*** HIT CLINIC ** in class session September 20th, 2022 @ 6:30 PM- 7:30 PM, Upstairs in Bon Accord 2nd year U13, U15, AND U18 are welcome to attend.