



Conditioning Camp Schedule					
	Date	DOW	Start	End	Arena
U9/U11 Group 1	2023-09-02	SAT	11:30 AM	12:30 PM	GLEN ALLAN REC
U9/U11 Group 1	2023-09-03	SUN	8:30 AM	9:30 AM	RANDY ROSEN RINK
U9/U11 Group 1	2023-09-04	MON	5:45 PM	6:45 PM	MP CHEVROLET
U9/U11 Group 1	2023-09-06	WED	4:15 PM	5:30 PM	MP CHEVROLET
	Date	DOW	Start	End	Arena
U11 Group 2	2023-09-02	SAT	12:45 PM	1:45 PM	GLEN ALLAN REC
U11 Group 2	2023-09-03	SUN	9:45 AM	10:45 AM	RANDY ROSEN RINK
U11 Group 2	2023-09-04	MON	6:30 PM	7:30 PM	ARDROSSAN EAST
U11 Group 2	2023-09-06	WED	5:45 PM	6:45 PM	MP CHEVROLET
	Date	DOW	Start	End	Arena
U13	2023-09-02	SAT	2:00 PM	3:00 PM	GLEN ALLAN REC
U13	2023-09-03	SUN	11:00 AM	12:00 PM	RANDY ROSEN RINK
U13	2023-09-04	MON	7:45 PM	8:45 PM	ARDROSSAN EAST
U13	2023-09-06	WED	7:00 PM	8:00 PM	MP CHEVROLET
	Date	DOW	Start	End	Arena
U15	2023-09-02	SAT	5:00 PM	6:15 PM	MP POWERADE
U15	2023-09-03	SUN	5:00 PM	6:00 PM	MP POWERADE
U15	2023-09-04	MON	7:00 PM	8:00 PM	MP CHEVROLET
U15	2023-09-06	WED	8:15 PM	9:30 PM	MP CHEVROLET
	Date	DOW	Start	End	Arena
U18	2023-09-02	SAT	6:30 PM	7:45 PM	MP POWERADE
U18	2023-09-03	SUN	6:15 PM	7:15 PM	MP POWERADE
U18	2023-09-04	MON	8:15 PM	9:30 PM	MP CHEVROLET
U18	2023-09-06	WED	9:45 PM	11:00 PM	MP CHEVROLET

*\*Above times subject to change*

Updated August 15th