

FLEURY GROUP
“GOALIES”

Sunday

Note: Goalies are skating with their respective age group

Monday through Friday

6:00 a.m. Rise and shine 6:00 a.m. Rise and shine

6:30 a.m.	Dressing Room	6:30 a.m.	Dressing Room
7:00 a.m.	On ice	7:00 a.m.	On ice
8:00 a.m.	Breakfast	8:00 a.m.	Breakfast
8:40 a.m.	Video session	8:40 a.m.	Video session
9:30 a.m.	Conditioning	9:30 a.m.	Conditioning
10:30 a.m.	Lecture	10:30 a.m.	Lecture
11:10 a.m.	Dressing room	10:50 a.m.	Dressing room
11:40 a.m.	On ice	11:25 a.m.	On ice
12:40 p.m.	Lunch	12:30 p.m.	Lunch

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