

wtsc Off-ice

TUESDAY

6PM - SR STAR
CONDITIONING
WITTH JESSICA

WEDNESDAY

7:15PM - ALL LEVELS
OFF-ICE
JUMP/HARNESS/
STRETCH WITH NORA
AND CHRISTINA

THURSDAY

6PM - ALL LEVELS
OFF-ICE
FITNESS/STRETCH
WITH CHRISTINE

SATURDAY

3:15PM - RISING
STAR/STAR OFF-
ICE FITNESS WITH
MARSHA

EMAIL OFFICE@WTSC.CA FOR MORE
INFORMATION

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