

FALL Session #1

	BREAKFAST CLUB TUESDAYS at Centene	BREAKFAST CLUB WEDNESDAYS at Affton	BREAKFAST CLUB THURSDAYS at Brentwood	POSITION SPECIFIC TRAINING SUNDAYS at IceZone
<u>Week 1</u>	9/7/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	9/8/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	9/9/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	9/12/21 NO VIDEO 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 2</u>	9/14/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	9/15/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	9/16/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	9/19/21 3:30-4:00pm Defense Video 4:20-5:20pm Defensemnen 5:30-6:30pm Forwards
<u>Week 3</u>	9/21/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	9/22/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	9/23/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	9/26/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 4</u>	9/28/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	9/29/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	9/30/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	10/3/21 4:00-4:30pm Defense Video 4:50-5:50pm Defensemnen 6:00-7:00pm Forwards
<u>Week 5</u>	10/5/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	10/6/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	10/7/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	10/10/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 6</u>	10/12/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	10/13/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	10/14/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	10/17/21 3:30-4:00pm Defense Video 4:20-5:20pm Defensemnen 5:30-6:30pm Forwards
<u>Week 7</u>	10/19/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	10/20/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	10/21/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	10/24/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 8</u>	10/26/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	10/27/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	10/28/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	10/31/21 Halloween <i>No Lessons!</i>

FALL Session #2

	BREAKFAST CLUB TUESDAYS at Centene	BREAKFAST CLUB WEDNESDAYS at Affton	BREAKFAST CLUB THURSDAYS at Brentwood	POSITION SPECIFIC TRAINING SUNDAYS at IceZone
<u>Week 9</u>	11/2/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	11/3/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	11/4/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	11/7/21 3:30-4:00pm Defense Video 4:20-5:20pm Defensemnen 5:30-6:30pm Forwards
<u>Week 10</u>	11/9/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	11/10/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	11/11/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	11/14/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 11</u>	11/16/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	11/17/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	11/18/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	11/21/21 3:30-4:00pm Defense Video 4:20-5:20pm Defensemnen 5:30-6:30pm Forwards
<u>Week 12</u>	11/23/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	11/24/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	11/25/21 THANKSGIVING <i>No Lessons!</i>	11/28/21 THANKSGIVING Break <i>No Lessons!</i>
<u>Week 13</u>	11/30/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	12/1/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	12/2/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	12/5/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 14</u>	12/7/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	12/8/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	12/9/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	12/11/21 3:30-4:00pm Defense Video 4:20-5:20pm Defensemnen 5:30-6:30pm Forwards
<u>Week 15</u>	12/14/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	12/15/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	12/16/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	12/19/21 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defensmen
<u>Week 16</u>	12/21/21 5:45-6:15am PwrSk8 6:15-7:00am Skills	12/22/21 6:00-6:30am PwrSk8 6:30-7:15am Skills	12/23/21 6:00-6:45am Skills 6:45-7:15am PwrSk8	12/26/21 CHRISTMAS Break <i>No Lessons!</i>