

HIGH PERFORMANCE

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Winter Break	Winter CAMP	Winter CAMP	Winter CAMP	New Years Day	Winter CAMP	Winter CAMP
4	5	6	7	8	9	10
	Hill Park 5:45-7:30am Odeon 4:30pm -5:30pm		Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am CH 5:00pm - 7:00pm	
Winter CAMP		Hill Park 4:30pm - 6:00pm				OFF
11	12	13	14	15	16	17
MAC 8:30am -10:30am HP Center 10:45am-11:45am	Hill Park 5:45-7:30am Odeon 4:30pm -5:30pm		Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm (AMBER)	Joanne Malar OR 4:30-6:00 JTP	Joanne Malar
18	19	20	21	22	23	24
	OFF		Hill Park 5:45am - 7:30am		Winter LC Inv OR MAC 6:00am-7:30am	
Joanne Malar	Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Laurier 4:30pm -6:30pm	YMCA 4:50pm - 6:30pm	CH 4:30pm-6:00pm	Winter LC Inv
25	26	27	28	29	30	31
Winter LC Inv OR MAC 8:30am-10:30am	OFF		Hill Park 5:45am - 7:30am		Hillpark 5:45am - 7:30am	
	Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Laurier 4:30pm -6:30pm	YMCA 4:50pm - 6:30pm	CH 4:30pm - 6:15pm	OFF