



**HPT JR PREP  
SPRING  
PROGRAM**

# April 2023

**HPT JR PREP  
SPRING  
PROGRAM**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ALL WORKOUTS AT THE CAMPUS</b> Campus Address: <b>1110 Stevens Rd, West Kelowna, BC V1Z 1E9</b>	<b>Jim Lind &amp; Royal Lepage Address: 2760 Cameron Rd, West Kelowna, BC V1Z 2T6</b>				1	2
3	<b>4 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage</b>	5	<b>6 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind</b>	7	8	9
10	<b>11 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage</b>	12	<b>13 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind</b>	14	15	16
17	<b>18 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage</b>	19	<b>20 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind</b>	21	22	23
24	<b>25 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage</b>	26	<b>27 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind</b>	28	29	30



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage	3	4 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind	5	6	7
8	9 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage	10	11 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind	12	13	14
15	16 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage	17	18 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind	19	20	21
22	23 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage	24	25 Workout: 5:30PM - 6:30PM ON ICE: 7:15PM - 8:30PM @ Jim Lind	26	27	28
29	30 Workout: 6:00PM - 7:00PM ON ICE: 7:45PM - 9:00PM @ Royal Lepage	31				

