



Dec.20th 2011.

Re: Christmas Break. Last practice on Friday Dec.23rd

Off From: Dec.24th up to January 2nd or 3rd

Training remains:

Monday January 2nd: People going to L.A Fitness from 8-10 am

Tuesday January 3rd: Don Mills: 5-6:30 pm
Gold, Pre-Senior and,Senior
Don Mills:6:30-7:30: Bronze and Silver

Wednesday : People going to L.A. Fitness from 8-10 am.

Thursday: January 5th : Don Mills 5-7 pm:
Gold, Pre-Senior and Senior
Don Mills: 7-8 pm: Bronze and Silver

Friday Jan 6th : Don Mills:5-7 pm: Gold,Pre-Senior and Senior

Saturday Jan7th: Glendon College: 7:20-8:50 AM
Silver, Gold , Pre-Senior and Senior.

*Champion Athletic Club,1850 Kingston Road Unit 5 L1V0A2
Tel. (905)(683-6377), E-mail:Champs1@rogers.com
Web Site: <http://www.champs.org>*