

**Cole Harbour Bel Ayr Minor Hockey Association  
2010-2011**

**ATOM CONDITIONING**

ATOM	Group & Last Name	September													
		Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
		3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>ATOM Group 1</b>	<b>(A-E)</b>	4 PM SCOTIA 1	2 PM SCOTIA 1				4:30 PM SCOTIA 2	4:30 PM SCOTIA 2		10 AM SCOTIA 1					
<b>ATOM Group 2</b>	<b>(F-MAC)</b>		12 PM SCOTIA 1	5 PM SCOTIA			5:30 PM SCOTIA 2		6:30 PM GRAY	11 AM SCOTIA 1					
<b>ATOM Group 3</b>	<b>(MAD-Z)</b>		1 PM SCOTIA 1				6 PM BOWLES	6 PM BOWLES		9 AM SCOTIA 1		5:30 PM SCOTIA 2			