

Morning	Monday	Freestyle 6:00 - 7:00	Ice Cut	Freestyle 7:15 - 8:15	Ice Cut	Freestyle 8:30 - 9:30	High/Elite Spins 9:30 - 10:00	High/Elite Yoga 10:15 - 11:00	
	Tuesday	Freestyle 6:00 - 7:00	Ice Cut	Freestyle 7:15 - 8:15	Ice Cut	Freestyle 8:30 - 9:30	High/Elite Edges 9:30 - 10:00	High/Elite Off-ice Jumps 10:15 - 11:00	
	Wednesday	Freestyle 6:00 - 7:00	Ice Cut	Freestyle 7:15 - 8:15	Ice Cut	Freestyle 8:30 - 9:30	High/Elite Power 9:30 - 10:00	High/Elite Conditioning 10:15 - 11:00	
	Thursday	Freestyle 6:00 - 7:00	Ice Cut	Freestyle 7:15 - 8:15	Adult Curry 7:15 - 7:45		Freestyle 8:30 - 9:30	High/Elite Ice Dance/Tech 9:30 - 10:00	High/Elite Off-ice Jumps 10:15 - 11:00
	Friday	Freestyle 6:00 - 7:00	Ice Cut	Freestyle 7:15 - 8:15	Ice Cut		Freestyle 8:30 - 9:30	High/Elite Curry 9:30 - 10:00	High/Elite Stretch 11:00 - 12:00
	Saturday	Freestyle 8:45 - 9:45	Learn to Skate 9:45 - 10:45		Freestyle 10:45 - 11:45	Freestyle 11:45 - 12:45	Aspire class will be on the 8:45 freestyle		Aspire off ice will be 10:00-10:30

Afternoon	Monday	Freestyle 1:00 - 1:45	Freestyle 1:45 - 2:45	Ice Cut	Freestyle 3:00 - 4:00	Freestyle 4:00 - 5:00	Theater on Ice (TOI) 4:30 - 5:00	Low/Interm Stroking 5:00-5:30	High Jumps 5:10-5:40 Low/Int Jumps 5:45-6:15
	Tuesday	Freestyle 1:00 - 2:30	Freestyle 2:30 - 3:30	Ice Cut	High/Elite Stroking 3:45 - 4:15	Freestyle 4:15 - 5:45	High/Elite Ballet 4:35 - 5:20	Learn to Skate 5:45 - 6:45	
	Wednesday	Freestyle 1:15 - 2:15	Freestyle 2:15 - 3:15	Freestyle 3:15 - 4:15		Asp/Low/Int. Spins 4:15 - 4:45	Low/Int. Ballet 5:30 - 6:15		
	Thursday	Freestyle 1:00 - 2:00	Freestyle 2:00 - 3:00	Ice Cut		4:15 - 5:15	High/Elite Conditioning 5:45 - 6:30		
	Friday	Freestyle 1:00 - 2:00	Freestyle 2:00 - 3:00	Freestyle 3:15 - 4:15		Freestyle 4:15 - 5:45	High/Elite Curry 4:15 - 4:45	Learn to Skate 5:45 - 6:45	
							Asp/Low/Int. Curry 4:45 - 5:15		
							Theater on Ice (TOI) 5:15 - 5:45		