

# Bellevue Ice Schedule

Morning	Monday	Freestyle 6:15-7:15	Freestyle 7:15-8:15	Ice Cut 8:15-8:30	Freestyle 8:30-9:30	Freestyle 9:30-10:30	Power Class 10:30-11:00	Strength w/ Tom 11:30-12:15
	Tuesday	Freestyle 6:15-7:15	Freestyle 7:15-8:15	Ice Cut 8:15-8:30	Freestyle 8:30-9:30	Freestyle 9:30-10:00	Rob's Off Ice Strength 10:15-11:00	
	Wednesday	Freestyle 6:15-7:15	Freestyle 7:15-8:15	Ice Cut 8:15-8:30	Freestyle 8:30-9:30	Freestyle 9:30-10:00	Strength w/ Tom 10:30-11:15	
		Adult Class 6:15-6:45						
Thursday	Freestyle 6:15-7:15	Freestyle 7:15-8:15	Ice Cut 8:15-8:30	Freestyle 8:30-9:30	Freestyle 9:30-10:30	Edges w/ Bill 10:30-11:00	Adult Hockey w/ Cody 11:15-12:15	
				Low/int on ice rotating class 8:30- 9:30	Low/int off ice rotating class 9:45-10:45		Ballet 11:15-12:00	
Afternoon	Monday	Freestyle 12:30-1:30	Freestyle 1:30-2:30	Ice Cut 2:30-2:45	Freestyle 2:45-3:45	Freestyle 3:45-4:45	Off Ice strength/condition 5:00-5:30	
	Tuesday	Freestyle 12:45-1:45	Freestyle 1:45-2:45	Ice Cut 2:45-3:00	Freestyle 3:00-4:00	Freestyle 4:00-5:00	Learn to Skate 5:00-6:00	Adult Off Ice 6:15-7:15
						Low/int Jumps/Spins w/Alex 4:30-5:00		L/I ballet 5:15-6:15
	Wednesday	Freestyle 12:30-1:30	Freestyle 1:30-2:30	Ice Cut 2:30-2:45	Freestyle 2:45-3:45	Freestyle 3:45-4:45	Off Jumps w/ Mary Ro 5:00-5:45	
Thursday	Freestyle 12:45-1:45	Freestyle 1:45-2:45	Ice Cut 2:45-3:00	Freestyle 3:00-4:00	Freestyle 4:00-5:00	Learn to Skate 5:00-6:00	Adult Off Ice 6:15-7:15	
					Low/int Jumps/Spins w/Tyler 4:30-5:00			

# Antioch Ice Schedule

Morning	Monday	Freestyle 6:30-7:30	Freestyle 7:30-8:30	Ice Cut 8:30-8:45	Freestyle 8:45-9:45	Freestyle 9:45-10:45	Adult Off Ice 11:15-11:45	
		Adult Class 7:00-7:30						
	Tuesday	Freestyle 6:30-7:30	Freestyle 7:30-8:30	Ice Cut 8:30-8:45	Freestyle 8:45-9:45	Freestyle 9:45-10:45	Adult Off Ice 11:15-11:45	
	Wednesday	Freestyle 6:30-7:30	Freestyle 7:30-8:30	Ice Cut 8:30-8:45	Freestyle 8:45-9:45	Freestyle 9:45-10:45	Adult Off Ice 11:15-11:45	
		Adult Class 7:00-7:30						
Thursday	Freestyle 6:30-7:30	Freestyle 7:30-8:30	Ice Cut 8:30-8:45	Freestyle 8:45-9:45	Freestyle 9:45-10:45	Adult Off Ice 11:15-11:45		
	Adult Class 7:00-7:30							
Saturday	Freestyle 7:00-8:00	Freestyle 8:00-9:00	Freestyle 9:00-9:30 Theater on Ice 9:00-9:30	Learn to Skate 9:30-10:30				
Afternoon	Monday	Adult Only Freestyle 12:00-1:00	Freestyle 1:00-2:00	Ice Cut 2:00-2:15	Freestyle 2:15-3:15	Freestyle 3:15-4:15	Freestyle 4:15-5:00	Learn to Skate 5:00-6:00
		Adult Edge 12:30-1:00						
	Tuesday	Adult Only Freestyle 12:00-1:00	Freestyle 1:00-2:00	Ice Cut 2:00-2:15	Freestyle 2:15-3:15	Freestyle 3:15-4:15	Freestyle 4:15-4:45	
		Adult (MIF, Dance, Free) 12:30-1:00						
Wednesday	Adult Only Freestyle 12:00-1:00	Freestyle 1:00-2:00	Ice Cut 2:00-2:15	Freestyle 2:15-3:15	Freestyle 3:15-4:15	Freestyle 4:15-5:00	Learn to Skate 5:00-6:00	
	Adult (MIF, Dance, Free) 12:30-1:00					Low/High Class 4:30-5:00		
Thursday	Adult Only Freestyle 12:00-1:00	Freestyle 1:00-2:00	Ice Cut 2:00-2:15	Freestyle 2:15-3:15	Freestyle 3:15-4:15	Freestyle 4:15-4:45		
	Adult (MIF, Dance, Free) 12:30-1:00							

