	Monday		Tuesday			Wednesday		Thursday			Saturday		
	Freestyle	On ice classes	Freestyle	On ice classes	Off ice Classes	Freestyle	On ice classes	Freestyle	On ice classes	Off ice Classes	Freestyle	On ice classes	Off ice Classes
6:00	Freestyle 6:00-7:00		Freestyle 6:00-7:00			Freestyle 6:00-7:00		Freestyle 6:00-7:00			Freestyle 6:00-7:00		
6:15													
6:30													
6:45													
7:00	Freestyle 7:00-8:00	Adult class 7:00-7:30	Freestyle 7:00-8:00			Freestyle 7:00-8:00	Adult class 7:00-7:30	Freestyle 7:00-8:00			Freestyle 7:00-8:00	Intro to Dance 7:00-7:30	
7:15													
7:30													
7:45													
8:00	Ice Cut 8:00-8:15		Ice Cut 8:00-8:15			Ice Cut 8:00-8:15		Ice Cut 8:00-8:15			Freestyle 8:00-9:00		
8:15	Freestyle 8:15-9:15		Freestyle 8:15-9:15			Freestyle 8:15-9:15		Freestyle 8:15-9:15				Adult Skills 8:30-9:00	
8:30													
8:45													
9:00											Freestyle 9:00-9:30		
9:15	Freestyle 9:15-10:15		Freestyle 9:15-10:15			Freestyle 9:15-10:15		Freestyle 9:15-10:15					Adult Conditioning 9:45-10:30
9:30													
9:45													
10:00													
10:15	Ice Cut 10:15-10:30					Ice Cut 10:15-10:30							
10:30	Freestyle 10:30-11:30					Freestyle 10:30-11:30							
10:45													
11:00													
11:15					Adult Yoga 11:15-11:45					Adult Yoga 11:15-11:45			
11:30	Freestyle 11:30-12:30		Freestyle 11:30-12:30			Freestyle 11:30-12:30		Freestyle 11:30-12:30					
11:45													
12:00				Adult Class 12:00-12:30					Adult Class 12:00-12:30				
12:15													
12:30	Ice Cut 12:30-12:45		Freestyle 12:30-1:30			Ice Cut 12:30-12:45		Freestyle 12:30-1:30					
12:45	Freestyle 12:45-1:45					Freestyle 12:45-1:45							
1:00													
1:15													
1:30			Freestyle 1:30-2:15					Freestyle 1:30-2:15					
1:45	Freestyle 1:45-2:45					Freestyle 1:45-2:45							
2:00													
2:15			Ice Cut 2:15-2:30					Ice Cut 2:15-2:30					
2:30			Freestyle 2:30-3:30					Freestyle 2:30-3:30					
2:45	Ice Cut 2:45-3:00					Ice Cut 2:45-3:00							
3:00	Freestyle 3:00-4:00					Freestyle 3:00-4:00							
3:15													
3:30			Freestyle 3:30-4:30					Freestyle 3:30-4:30					
3:45													
4:00	Freestyle 4:00-5:00			Hockey Class 4:00-4:30		Freestyle 4:00-5:00							
4:15													
4:30		Low/Int. Edges 4:30-5:00					Low/Int. Jumps 4:30-5:00						
4:45					Ballet 4:45-5:15					Stretch 4:45-5:45			
5:00													
5:15													