

FORD ICE CENTER BELLEVUE | TPH Nashville Skating Academy

On Ice Schedule: August 10-August 31

Monday	Tuesday	Wednesday	Thursday
6:00-7:00 Freestyle	6:00-7:00 Freestyle 6:30-7:00 Adult Ice Dance Class	6:00-7:00 Freestyle	6:00-7:00 Freestyle
7:00-8:00 Freestyle	7:00-8:00 Freestyle	7:00-8:00 Freestyle	7:00-8:00 Freestyle
8:00-8:15 Ice Cut	8:00-8:15 Ice Cut	8:00-8:15 Ice Cut	8:00-8:15 Ice Cut
8:15-8:45 Freestyle/Edge Class	8:15-8:45 Freestyle/Edge Class	8:15-8:45 Freestyle/Edge Class	8:15-8:45 Freestyle/Edge Class
8:45-9:45 Freestyle	8:45-9:45 Freestyle	8:45-9:45 Freestyle	8:45-9:45 Freestyle
9:45-10:45 Freestyle	9:45-10:00 Specialty Class	9:45-10:00 Specialty Class	9:45-10:15 Freestyle
10:45-11:15 Freestyle (will switch to Disabilities Class on Sep 7)	10:00-11:30 No Ice 10:15-11:00 Ginger Off Ice	10:00-11:30 No Ice 10:15-11:15 High/Elite Ballet	10:15-10:30 Ice Cut
11:15-12:30 No Ice 11:30-12:15 Ginger Off Ice 11:30-12:30 Ice Dance Off Ice	11:30-12:30 Freestyle	11:30-12:30 Freestyle	11:30-12:30 Adult Power Hockey
			11:45-12:45 Ice Dance Off Ice
12:30-1:30 Freestyle	12:30-12:45 Ice Cut	12:30-1:15 Freestyle	12:30-12:45 Ice Cut
	12:45-1:45 Freestyle	1:15-1:30 Ice Cut	12:45-1:45 Freestyle
1:30-2:30 Freestyle	1:45-2:45 Freestyle	1:30-2:30 Freestyle	1:45-2:45 Freestyle
2:30-2:45 Ice Cut			
2:45-3:45 Freestyle	2:45-3:00 Ice Cut	2:30-3:30 Freestyle	2:45-3:00 Ice Cut
	3:00-4:00 Freestyle		3:00-4:00 Freestyle
3:45-4:45 Freestyle	4:00-5:00 Freestyle 4:30-5:00 Jumps & Spins	3:30-4:30 Freestyle	4:00-5:00 Freestyle 4:30-5:00 Jumps & Spins
4:45-5:00			
5:00-5:30 Off Ice Conditioning	5:00-5:15		
	5:15-6:15 Off Ice Ballet		