Monday		Tuesday		Wednesday		Thursday		Friday	
Freestyle	8:00-9:00am	Freestyle	8:00-9:00am	Freestyle	8:00-9:00am	Freestyle	8:00-9:00am	Freestyle	8:00-9:00am
Freestyle	9:00-10:00am	Freestyle	9:00-10:00am	Freestyle	9:00-10:00am	Freestyle	9:00-10:00am	Freestyle	9:00-10:00am
n Ice Skills Skating Skills/Turns/Edges (H)	10:00-10:30am	Break/Snack/ ICE CUT (10-10:15)	10:00-10:30am	On Ice Skills Class Power (A)	10:00-10:30am	Break/Snack/ ICE CUT (10-10:15)	10:00-10:15am	Break/Snack/Warm up for Simulations	10:00-10:15am
Break/Snack/ CUT (10:30-10:45)	10:30-11:00am	On Ice Spins Class (A)	10:30-11:00am (A)	Break/Snack/ ICE CUT (10:30- 10:45)	10:30-11:00am	On Ice Stroking/Edges/ Presentation (L)	10:15-11:00am	On Ice Program Simulations (A)	10:15-11:45am
Off Ice retching/Flexibility (A)	11:00-11:45am	Break/Snack	11:00-11:15am	Off Ice Class Jumps (A)	11:00-11:45am	Break/Snack/ICE CUT	11:00-11:15am	Break/Snack/ ICE CUT (10:30-11:00)	11:45am-12:00pn
Freestyle	12:00-1:00pm	Off Ice Strength (A)	11:15-11:45am	Freestyle	12:00-1:00pm	Off Ice Class Spin (A)	11:15-11:45am	Freestyle	12:00-1:00pm
		Freestyle	12:00-1:00pm			Freestyle	12:00-1:00pm		
ass Designations gh (H) w (L) (A) freestyles and classes n	Geared toward the skate Open to any level skater	er who has not passed any l	JSFS Moves in the Field or Fi	eestyle classes		e, or with Skating Director's ap	oroval		