

SCSFSC - 2008-2009 FALL / WINTER / SPRING SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Gardens	Olympia	Gardens	Olympia	Gardens	Olympia	Gardens	Olympia	Gardens	Olympia	Olympia
	6:00-7:00 FS Open OLY-M1		6:00-7:00 FS Open OLY-T1		6:00-7:00 FS Open OLY-W1		6:00-7:00 FS Open OLY-TH1		6:00-7:00 FS Open OLY-F1	
	7:00-7:30am FS/FM OPEN OLY-M2		7:00-7:30am FS/FM OPEN OLY-T2		7:00-7:30am FS/FM OPEN OLY-W2		7:00-7:30am FS/FM OPEN OLY-TH2		7:00-7:30am FS/FM OPEN OLY-F2	7:10-8:00 FS Open OLY-S1
	7:30-8:00am FS/FM Open OLY-M3		7:30-8:00am FS/FM Open OLY-T3		7:30-8:00am FS/FM Open OLY-W3		7:30-8:00am FS/FM Open OLY-TH3		7:30-8:00am FS/FM Open OLY-F3	8:00-9:00 FS PRE - NAT OLY-S2
*OPTION IN THE A.M. TO CHOSE EITHER :										
1 hour session 6:00 - 7:00am / 6:30 - 7:30am / 7:00 - 8:00am OR 1/2 hour session 7:00 - 7:30am / 7:30 - 8:00am*										RESURFACE
RESURFACE		1:30-2:30 FS/FM OPEN GA-T4		RESURFACE		1:30-2:30 FS/FM OPEN GA-TH4		RESURFACE		9:10 - 10:10 FS PRE JUV - NAT OLY-S3
2:30-3:30pm FS PRE JUV - NAT GA-M5		2:30-3:30pm FS PRE JUV - NAT GA-T5		2:30-3:30pm FS PRE JUV - NAT GA-W4		2:30-3:30pm FS PRE JUV - NAT GA-TH5		2:30-3:30pm FS PRE JUV - NAT GA-F5		10:10-11:00 FS/FM OPEN OLY-S4
NO RESURFACE		RESURFACE		NO RESURFACE		RESURFACE		RESURFACE		RESURFACE
3:30-4:20pm FS PRE JUV - NOVICE GA-M6		3:40-4:30 PM FS PRE JUV - NOVICE GA-T6		3:30-4:30pm FS PRE JUV - NOVICE GA-W5		3:40-4:30 PM FS PRE JUV - NOVICE GA-TH6		3:40-4:30pm FS PRE JUV - NOVICE GA-F6		11:10-12:00 SS Team Beginner OLY-S5
RESURFACE		NO RESURFACE		NO RESURFACE		NO RESURFACE		NO RESURFACE		
4:30 - 5:15pm FS PREL-NOVICE GA-M7		4:30-5:20 PM FS BASIC - PRE JUV GA-T7		4:30-5:20 FS Basic- Pre Juv GA-W6	4:40 - 5:15 MOVES / DANCE OLY-W4	4:30-5:20 PM FS BASIC - PRE JUV GA-TH7		4:30 - 5:20 FS Basic- Pre Juv GA-F7		
NO RESURFACE	RESURFACE	RESURFACE		RESURFACE	NO RESURFACE	RESURFACE		RESURFACE	RESURFACE	
5:15 - 5:45pm L MOVES / DANCE GA-M8	5:10 - 6:00pm FS JUV - NATIONAL OLY - M5	5:30-6:30PM FS JUV - NATIONAL GA-T8		5:30-6:30 PM FS JUV - NATIONAL GA-W7	5:15-6:00pm SS Open Juv Team OLY-W5	5:30-6:30 FS JUV - NATIONAL GA-TH8		5:30-6:30 FS JUV - NATIONAL GA-F8	5:15-6:00pm SS Open Juv Team OLY-F5	
5:45-6:30pm FS BASIC - PRE JUV GA-M9										
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
OFF ICE	OFF ICE	OFF ICE	OFF ICE	OFF ICE	OFF ICE					
Resistance - OPEN 3:35 - 4:25 M1 - RT	Ballet -Juv - National ONLY 3:35-4:25pm T1-BA	Resistance - OPEN 3:35-4:25pm W1-RT	Ballet -Juv - National ONLY 3:35-4:25pm Th1-BA	Stretch - OPEN 3:55-4:25 F1-STR.	Ballet 8:05 - 9:05am S7 - BAL					
Resistance - OPEN 4:25-5:10pm M2-RT	Ballet - OPEN 4:35-5:25pm T2-BA	Resistance - OPEN 4:35-5:25pm W2-RT	Ballet - OPEN 4:35-5:25pm Th2-BA	Pilates - OPEN 4:35 - 5:20 F2 - PIL	Resistance 9:10 - 10:00am S8 - RT					
Resistance - OPEN 5:25-6:25pm M3-RT	Ballet - OPEN 5:30-6:30pm T3-BA	Resistance - OPEN 5:25-6:25 W3-RT	Ballet - OPEN 5:30-6:30pm Th3-BA		Stretch 10:15 - 11:00am S9 - STR					