

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>GARDENS</u>	<u>OFF ICE</u>	<u>GARDENS</u>	<u>OFF ICE</u>	<u>GARDENS</u>	<u>OFF ICE</u>	<u>GARDENS</u>	<u>OFF ICE</u>	<u>GARDENS</u>	<u>OFF ICE</u>
7:00-8:00 FS Open		7:00-8:00 FS Open		7:00-8:00 FS Open		7:00-8:00 FS Open		7:00-8:00 FS Open	
cut		cut		cut		cut		cut	
8:10-9:10 FS Prelim-Juv		8:10-9:10 FS Prelim-Juv	8:05-9:05 Ballet	8:10-9:10 FS Prelim-Juv	8:05-9:05 RT	8:10-9:10 FS Prelim-Juv	8:05-9:05 Ballet	8:10-9:10 FS Prelim-Juv	8:05-9:05 RT
9:10-10:10 FS Inter-Sen	9:15-10:00 Pilates	9:10-10:10 FS Inter-Sen	9:15-10:15 Ballet	9:10-10:10 FS Inter-Sen	9:15-10:15 RT	9:10-10:10 FS Inter-Sen	9:15-10:15 Ballet	9:10-10:10 FS Inter-Sen	9:15-10:15 RT
10:10-10:30 TS Juv-Sen		10:10-10:30 TS Juv-Sen		10:10-10:30 TS Juv-Sen		10:10-10:30 TS Juv-Sen		10:10-10:30 TS Juv-Sen	
cut		cut		cut		cut		cut	
10:40-11:40 FS Bas-Juv	10:35-11:20 Pilates	10:40-11:40 FS Bas-Juv	10:35-11:35 Ballet	10:40-11:40 FS Bas-Juv	10:35-11:35 RT	10:40-11:40 FS Bas-Juv	10:35-11:35 Pilates	10:40-11:40 FS Bas-Juv	10:35-11:35 RT
11:40-12:10 FM/Dance		11:40-12:10 TS Basic-Juv		11:40-12:10 FM/Dance		11:40-12:10 TS Basic-Juv		11:40-12:10 TS Basic-Juv	
cut		cut		cut		cut		cut	
12:20-1:20 FS Inter-Sen	12:15-1:00 Pilates	12:20-1:20 FS Inter-Sen		12:20-1:20 FS Inter-Sen	12:15-1:15 RT	12:20-1:20 FS Inter-Sen		12:20-1:20 FS Inter-Sen	
1:20-1:50 FM/Dance		1:20-1:50 FM/Dance		1:20-1:50 FM/Dance		1:20-1:50 FM/Dance		1:20-1:50 FM/Dance	
cut		cut		cut		cut		cut	
2:00-3:00 FS PJ-Senior		2:00-3:00 FS PJ-Senior		2:00-3:00 FS PJ-Senior		2:00-3:00 FS PJ-Senior		2:00-3:00 FS PJ-Senior	
3:00-4:00 FS Open		3:00-4:00 FS Open		3:00-4:00 FS Open		3:00-4:00 FS Open		3:00-4:00 FS Open	
cut		cut		cut		cut		cut	

WK 1 - Jun 15th, WK 2 - Jun 22nd, WK 3 - Jun 29th, WK 4 - Jul 6th, WK 5 - Jul 13th, WK 6 - Jul 20th, WK 7 - Jul 27th, WK 8 - Aug 3rd, WK 9 - Aug 10th, WK 10 - Aug 17th, WK 11 - Aug 24th

OPTIONS

Inter-Senior	Juvenile	Pre Juvenile	Preliminary	Basic & Pre Prelim
7:00-8:00 FS	7:00-8:00 FS	7:00-8:00 FS	7:00-8:00 FS	7:00-8:00 FS
8:05-9:05 Off Ice	8:10-9:10 FS	8:10-9:10 FS	8:10-9:10 FS	9:15-10:05 Off Ice
9:10-10:10 FS	9:15-10:05 Off Ice	9:15-10:05 Off Ice	9:15-10:05 Off Ice	10:40-11:40 FS
10:10-10:30 TS	10:10-10:30 TS	10:40-11:40 FS	10:40-11:40 FS	11:40-12:10 FM/TS
10:35-11:35 Off Ice	10:40-11:40 FS	11:20-12:10 FM/TS	11:40-12:10 FM/TS	12:15-1:00 Off Ice
LUNCH	11:40-12:10 FM/TS	12:15-1:00 Off Ice	12:15-1:00 Off Ice	1:20-1:50 FM
12:20-1:20 FS	12:15-1:00 Off Ice	1:20-1:50 FM	1:20-1:50 FM	2:00-2:45 Off Ice
1:20-1:50 FM	1:20-1:50 FM	2:00-3:00 FS	2:00-2:45 Off Ice	3:00-4:00 FS
2:00-3:00 FS	2:00-3:00 FS	3:00-4:00 FS	3:00-4:00 FS	
3:00-4:00 FS	3:00-4:00 FS			

FS = Freestyle

TS = Training Session (On Ice)

FM = Moves in the Field and Dance only Sessions

Off Ice = Ballet, Resistance Training, Pilates, Yoga, Stretch