

**T= 1-2hrs**

**CLASSES**

BS practice  
2:00-3:00

Beg Sync  
2:00-3:00

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**low power**

**Juv Sync**

**zam**

**high power**

**Novice Sync**

BS practice ice

BS practice ice

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**Basic Skills practice**

**Basics classes**

**fs classes**

**moves low**

**zam**

**med/high moves**

**jums & spins high & low**

**zam**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**low power**

**Beg Sync Juv Sync**

**zam**

**high power**

**Novice Sync**

**T= 3 hrs Sunday**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**FS practice ice**

**Monday**

**FS practice ice**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**Wednesday**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**FS practice ice**

**zam**

**FS practice ice**

**zam**

**T= 5 hrs**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**JR Club practice ice**

**zam**

**JR Club LATE ice add on option**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**JR Club practice ice**

**zam**

**JR Club practice ice**

**zam**

**JR Club practice ice**

**JR Club LATE ice add on option**

**T= 7.25 hrs**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**SR Club practice ice**

**zam**

**SR Club LATE ice add on option**

4:45 - 5:00  
5:00 - 5:15  
5:15 - 5:30  
5:30 - 5:45  
5:45 - 6:00  
6:00 - 6:15  
6:15 - 6:30  
6:30 - 6:45  
6:45 - 7:00  
7:00 - 7:15  
7:15 - 7:30  
7:30 - 7:45  
7:45 - 8:00  
8:00 - 8:15  
8:15 - 8:30  
8:30 - 8:45  
8:45 - 9:00  
9:00 - 9:15  
9:15 - 9:30  
9:30 - 9:45  
9:45 - 10:00

**SR Club practice ice**

**zam**

**SR Club practice ice**

**zam**

**SR Club practice ice**

**SR Club LATE ice add on option**