

# Fall/Winter 2011/12 Off-Ice Schedule (revised)

September 6, 2011 - March 23, 2012



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Fitness	Studio	Fitness	Studio	Fitness	Studio	Fitness	Studio	Fitness	Studio	Fitness	Studio
<b>Sr. Comp, Sr. Pairs, Sr. Dance</b>		4:15 - 5:15 pm Ballet - DID		4:15 - 5:15 pm FIT - Peter		4:15 - 5:15 pm Ballet - Jesika		4:45 - 5:45 pm Pilates Tracy	4:45 - 5:30 pm FIT - Peter			
<b>Jr. Comp</b>	5:15 pm - 6:00 pm Ballet DID		3:45 - 4:00 pm WU Dale		6:20 - 6:50 pm Modern Dance Denise			5:45 - 6:30 pm Pilates Tracy				3:05 - 3:50 pm Ballet Denise
			5:10 - 5:35 pm JUMP Dylan									5:10 - 5:35 FLEX Denise
<b>Comp. Dev.</b>			4:30 - 4:45 pm WU Dale		3:45 - 4:00 pm WU Dale							4:15 - 4:45 pm FLEX Denise
			5:45 - 6:15 pm JUMP Dianne			5:30 - 6:05 Ballet Jesika						5:45 - 6:15 pm Ballet Denise
<b>Jr. Star</b>	4:45 - 5:00 pm WU Dale					6:20 - 6:50 pm Ballet Jesika			4:10 - 4:25 WU Dale			A 8:45 - 9:00 am WU Alex
	6:40 - 7:10 pm JUMP Dylan								6:00 - 6:30 FIT/CORE Brandon			A 10:50 - 11:20 FLEX Alex
												B 11:45 - 12:00 WU Alex
												B 1:55 - 2:25 FLEX Denise
<b>Int/Sr Star</b>	5:30 - 6:15 pm FIT Dale		7:10 - 7:40 pm FIT/CORE Brandon			6:50 - 7:50 pm Ballet/Flexibility Denise	5:15 - 5:30 pm WU Dale		5:00 - 5:30 pm WU Dale/Brandon			12:25 - 1:05 pm Jump Alex
							7:45 - 8:15 FIT Dale					

**WU - dynamic warm-up including flexibility and balance FLEX = Flexibility, mobility and balance**  
**JUMP = Technical Jump Class FIT = combination of endurance, balance, strength & agility**  
**CORE = core and power building exercises Ballet = Fundamental ballet for strength & flexibility**  
**DID = Dimensions in Dance**