



## Summer 2016 Off-Ice Schedule Week 8 - Aug 22 - Aug 26

	Monday	Tuesday	Wednesday	Thursday	Friday
Pair	TBD	11:45-12:30 Dance (DT)	TBD	11:45-12:30 Strength / EST (PA)	TBD
Comp	10:50 am - 11:20 am Dynamic Flex & Balance (PA) 1:40 pm - 2:10 pm EST / Cardio (PA)	10:50 pm - 11:20 pm Flexibility (DT) 1:35 pm - 2:05 pm Ballet / Dance (DT)	10:50 pm - 11:20 pm Dynamic Flexibility (PA) 1:35 pm - 2:05 pm Strength Core / (PA)	10:50 pm - 11:20 pm Dynamic Flexibility (PA) 1:35 pm - 2:05 pm Game Play (PA)	Individual Workouts Cardio / Stretch / SMR
Ice Dance		9:40 am - 10:25 am Dance (DT)	9:40 am - 10:25 am Modern Dance (DT)		9:40 am - 10:25 am Core & Balance / Game Play (PA)
Accelerated Intermediate Star	12:55 - 1:25 pm Dynamic Flex & Balance (PA) 3:45 - 4:15 pm Cardio Core / (SA)	12:55-1:25 pm Dynamic Flexibility (DT) 3:45 3:45 - 4:15 pm / Stretch Cardio (SA)	12:55-1:25 pm Flexibility Dynamic (PA) Core 3:45 - 4:15 pm Strength & Balance (SA)	12:55-1:25 pm Dynamic Flexibility (PA) 3:45 3:45 - 4:15 pm Game Play (SA)	Individual Workouts Cardio / Stretch / SMR
Intermediate/ SR Star					
Junior Star Accelerated	5:40 - 6:10 pm Tech Jump (SA)	5:40 - 6:10 pm Balance / Flexibility (SA)		5:40 - 6:10 pm Technical Jump (SA)	
Enrichment					