



Summer 2016 Off-Ice Schedule Weeks 6-7 - Aug 8 - Aug 19

	Monday	Tuesday	Wednesday	Thursday	Friday
Pair		1:00 pm-1:45 Ballet / Dance (DT)		12:15 pm-1:00 pm Strength / Conditioning (PA)	
Comp	10:45 am - 11:15 am Dynamic Flex & Balance (PA) 1:45 pm - 2:15 pm Strength / Cardio (PA)	11:30 pm - 12:00 pm Flexibility (DT) 2:30 pm - 3:00 pm Ballet (DT)	11:30 - 12:00 am Technical Jump (VB) 3:45 pm - 4:15 pm EST / Cardio (PA)	11:30 - 12:00 pm Dynamic Flex (PA) 2:30 - 3:00 pm EST / Stretch (PA)	Individual Workouts Cardio / Stretch / SMR
Ice Dance		10:15 am - 11:00 am Ballet (DT)	10:15 am - 11:00 am Modern Dance (DT)		10:15 am - 11:00 am Core & Balance (PA)
Accelerated Intermediate Star	1:00 - 1:30 pm Dynamic Flex & Balance (PA) 4:35 - 5:05 pm Strength / Cardio (TJS)	1:45 - 2:15 pm Dynamic Flexibility (DT) 3:45 - 4:15 pm Technical Jump (SA)	12:30 - 1:00 pm Technical Jump (SA) 3:00 - 3:30 pm Cardio / SMR (PA)	1:45 - 2:15 pm Dynamic Flexibility (SA) 3:45 - 4:15 pm EST / Stretch (PA)	Individual Workouts Cardio / Stretch / SMR
Intermediate/ SR Star	6:35 - 7:05 pm Core & Balance (SA)	7:30 - 8:00 pm Dynamic Warm-up and Flexibility (SA)		7:00 - 7:30 pm Technical Jump (VB)	
Junior Star	5:10 - 5:40 pm Jr A/B Dynamic Warm-Up (SA) 6:00 - 6:30 pm Jr Accel Jump (SA)	Accel - 5:55 - 6:25 pm Dynamic Warm-Up and Technical Jump (SA)	Jr A/B: 5:45 - 6:15 pm Dynamic Warm-Up and Cardio (VB)	6:00-6:30 pm Jr Accel Dynamic Warm-up and Technical Jump (VB)	5:45 - 6:15 pm Jr Accel Flexibility (SA)
Enrichment		6:40 - 7:10 pm Movement Skill (SA)			