



Summer 2016 Off-Ice Schedule Weeks 1-5 - July 4 - Aug 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Pair		12:15-1:00 TBD Days and times are subject to change	12:15-1:00 TBD Days and times are subject to change		
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 / Dance (DT)	11:30 - 12:00 am Technical Jump () 3:45 pm - 4:15 pm Strength / Cardio (PA)	11:30 - 12:00 pm Dynamic Flex (PA) 2:30 - 3:00 pm Power / Plyo (PA)	Individual Workouts Cardio / Stretch / SMR
Ice Dance		10:15 am - 11:00 am Ballet / Dance (DT)	10:15 am - 11:00 am Modern Dance (DT)		10:15 am - 11:00 am Core & Balance (TJS)
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 () 3:45 - 4:15 pm Plyo / Core (PA)	Individual Workouts Cardio / Stretch / SMR
Intermediate/ SR Star	6:10 - 6:40 pm Core & Balance (SA)	7:00 - 7:30 pm Dynamic Warm-up and Flexibility (SA)		7:35-8:05 pm Technical Jump (VB)	6:10 - 6:40 pm Flexibility (TJS)
Junior Star	A/B: 5:10 - 5:40 pm Dynamic Warm-Up and Technical Jump (SA)	B - 5:50 - 6:20 pm Dynamic Warm-Up and Technical Jump (SA)	A: 6:45 - 7:15 pm Strength / Coordination (VB)	B: 6:00-6:30 pm Dynamic Warm-up and Technical Jump (VB)	A/B: 5:45 - 6:15 pm Strength / Flexibility (TJS)
Enrichment		6:30 - 7:00 pm Fundamental Movement Skill (SA)			