



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

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