

All New Saturday Training Times

5:00am – 6:00 am Freestyle

6:00 am – 7:00 am Freestyle

7:00 am – 8:00 am Freestyle

7:10 am – 7:40 am

G2C Off-ice Jumps &
Off-ice Harness Class with Stephanie

7:40 am – 8:00 am

Deep Stretch for Maximum Flexibility Class
with Stephanie

8:10 am – 8:40 am

High Power Edge Class

8:05 – 10:45 am

Other Off-Ice Classes as listed in the brochure



www.rink-side.com
(847) 856-1064 ext. 302