

2010 Spring Freestyle Schedule *Valid: 3/15 – 6/6*

Monday

5:00 - 6:00 am 60- Freestyle
 6:00 - 6:30 am 30- Freestyle
 6:30 - 7:00 am **MIF Class**
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30- Freestyle
 2:10 - 3:10 pm 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:40 pm 30- Half-Ice Freestyle

Friday

5:00 - 5:30 am 30- Freestyle
 5:30 - 6:00 am **High/Elite Power/Edge**
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30-Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:10 pm 60- Freestyle
 4:10 - 5:10 pm 60- Freestyle

Tuesday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 10:00 am 60- Freestyle
 2:10 - 3:10 pm 50- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:55 pm 60- Freestyle
 4:10 - 5:10 pm 60-Freestyle (begins 4/6)
 5:10 - 6:10 pm 60-Freestyle (begins 4/6)

Saturday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:05 - 8:45 am **Power/Stretch Floor Barre**
 8:10 - 8:40 am **Power/Edge Jump Combo**
 8:45 - 9:25 am **Power/Stretch Floor Barre**
 9:30 - 10:10 am **Hip Hop Dance**
 10:15 - 10:45 am **Ballet and Jazz**
 11:30 - 12:00 pm 30 - Half Ice Freestyle

Wednesday

5:00 - 5:30 am 30- Freestyle
 5:30 - 6:00 am **Jump Tech/Axel Class**
 5:30 - 6:00 am **Half-Ice FS 30**
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:00 - 5:00 pm 60- Freestyle

Sunday Various

3/21 & 3/28
 6:40 am, 7:40 am & 8:40 am Sessions
4/11
 5:00 am & 6:00 am Sessions
4/18 - 5/23
 5:00 am, 6:00 am, 7:00 am Sessions
5/30 and 6/6
 5:00am, 6:00am, 7:00am & 8:00am Sessions

Thursday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 10:00 am 60- Freestyle
 2:10 - 3:10 pm 50- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:25 - 5:05 pm **NEW MIF Class**
 5:05 - 5:35 pm **Low & Med power/edge**
 5:05 - 5:35 pm **NEW Pilates Fitness & Stretch**

Freestyle Pricing:

Cash prices:

55/60 minutes \$ 13.00
 45/50 minutes \$ 11.00
 20/30 minutes \$ 8.00
 Half-Ice Sessions \$ 5.00

Gold Club Member prices:

55/60 minutes \$ 9.75
 45/50 minutes \$ 8.50
 20/30 minutes \$ 6.25
 Half-ice sessions \$ 4.00

Rink Side Ice Arena & Family Entertainment Center

At Gurnee Mills: Entrance H

(847) 856 - 1064 Ext. 302

www.rink-side.com

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