

'09 Fall/'10 Winter Freestyle Schedule

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 **Half-Ice FS**
 4:10 - 4:40 pm **Floor Barre/Stretch**
 4:50 - 5:20 pm **Jazz /Leaps/Jumps**
 5:35 - 6:15 pm **Fantasy Ballet**

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 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:55 pm 45- Freestyle
 5:00 - 5:40 pm **Ballet w/a Twist**

Wednesday

5:00 - 5:30 am 30- Freestyle
 5:30 - 6:00 am **Jump Tech/Axel Class**
 5:30 - 6:00 am 30- Half-Ice FS
 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 - 4:30 pm 30- Freestyle

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 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 5:05 - 5:35 pm **Low & Med power/edge**
 5:05 - 5:35 pm **Ballet w/a Twist**

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 - 3:10 pm 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 5:10 pm 60- Freestyle

Saturday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
8:10 - 8:40 am Power/G2C Jump Combo
 8:45 - 9:25 am Hip Hop Dance Class
 9:30 - 10:10 am Floor Barre/Power Stretch
 10:15 - 10:55 am Jazz and Ballet with a Twist
NEW!!!
 11:30 - 12:00 pm 30-Freestyle

Sunday

5:00 - 6:00 am 60 -Freestyle
 6:00 - 7:00 am 60 -Freestyle

Freestyle Pricing:

Walk on prices:

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

Gold Club member prices:

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

**Our Classes Coordinate with our
FS sessions!**

Try a Private Lesson!!!

**Special Holiday Schedules will be
published! Watch for them!**

