

# '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!**

