

August Figure Skating REVISED OFF-ICE CLASS SCHEDULE

Mondays

7:15-8:15am Yoga

8:20-8:50am Yoga

10:15-11:15am Conditioning

11:30-12:30 Cycle

3:00-4:00pm Pilates/Yoga

4:15-5:15pm Conditioning

Tuesdays

10:15-11:15am Ballet

11:30-12:30pm Artistry & Movement

Wednesdays

6-7am Pilates/Yoga

7:15-8:15am Pilates/Yoga

8:20-8:50am Pilates/Yoga

10:15-11:15am Cycle

11:30-12:30 Conditioning

3-4pm Ballet

4:15-5:15pm Ballet

Thursdays

10:15-11:15am Ballet

11:30-12:30 Conditioning

Fridays

10:15-11:15am Pilates