

Master Schedule

Fall/Winter 2016/2017

****Schedule subject to change without notice****

TIME	MONDAY	TUESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
	Kenilworth Arena	Kenilworth Arena	Kenilworth Arena	Terwillegar Rec Centre (Arena 'A')		Kenilworth Arena	The Meadows Rec Centre
9:00 AM				Adult Open	9:00 AM		Open
9:15 AM				Adult Open	9:15 AM		Open/IFS/Adult Group
9:30 AM				Adult Open	9:30 AM		Open/IFS/Adult Group
9:45 AM				Adult Open	9:45 AM		Open/IFS/Adult Group
10:00 AM				Adult Open	10:00 AM		Open/IFS/Adult Independent Practice
10:15 AM				Adult Open			
					10:15 AM		Canskate
3:45 PM	Privates Independent Warm Up	Privates Independent Warm Up	Privates Independent Warm Up		10:30 AM		Canskate/Pre-Canskate
4:00 PM	Group Class	Group Class	Group Class		10:45 AM		Canskate/Pre-Canskate
4:15 PM	Group class	Group class	Group class		11:00 AM		
4:30 PM	Skills/Dance/Interpretive	Skills/Dance/Interpretive	Skills/Dance/Interpretive		11:15 AM		
4:45 PM	Skills/Dance/Interpretive	Skills/Dance/Interpretive	Skills/Dance/Interpretive		11:30 AM	Canskate	
5:00 PM	Stroking/IFS	Stroking	Stroking/IFS		11:45 AM	Canskate/Pre-Canskate	
5:15 PM	Freeskate/IFS	Freeskate	Freeskate/IFS		12:00 PM	Canskate/Pre-Canskate	
5:30 PM	Freeskate/IFS	Freeskate	Freeskate/IFS		12:15 PM	Freeskate/IFS Independent Practice	
5:45 PM	Freeskate/IFS Independent Practice	Freeskate	Freeskate/IFS Independent Practice		12:30 PM	Freeskate/IFS	
6:00 PM	Canskate	Freeskate	Freeskate		12:45 PM	Freeskate/IFS	
6:15 PM	Canskate/Pre-Canskate				1:00 PM	Spins Class/IFS	
6:30 PM	Canskate/Pre-Canskate				1:15 PM	Flood	
					1:30 PM	Open	
					1:45 PM	Open	
					2:00 PM	Open	
					2:15 PM	Group Class	
					2:30 PM	Group Class	

OFF ICE SCHEDULE TUESDAY	OFF ICE SCHEDULE THURSDAY
6:20pm-6:50ppm Jump Technique w/ (Privates)	6:20pm-6:50pm Strength and Flexibility w/ (IFS/Privates)

OFF ICE SCHEDULE SATURDAY
11:30am-12:00pm Yoga w/Carri Fjell (IFS/Privates)