

## SUMMER SCHEDULE 2024 (version 2)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:10 AM							
5:40 AM		FREESTYLE		FREESTYLE		6:00 AM	FREESTYLE
6:10 AM	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	6:30 AM	FREESTYLE
6:40 AM	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	7:00 AM	FREESTYLE
7:10 AM	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	7:30 AM	FREESTYLE
7:40 AM	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	7:15AM	FS1-6 OFF ICE
8:10 AM	HIGH POWER	HIGH JUMPS	HIGH POWER	LOW POWER	FREESTYLE	8:00 AM	FS 1-6 CLASS
8:10AM	AXEL CLASS	LOW SPINS				8:30 AM	FS 1-6 POWER
8:40AM	Ice Cut	Ice Cut	Ice Cut	Ice Cut	Ice Cut	9:00 AM	ICE CUT
8:50 AM	FREESTYLE	FREESTYLE	FREESTYLE	Freestyle	OPEN FIGURES	9:10 AM	JUNIOR BLADES
9:20 AM	FREESTYLE	FREESTYLE	FREESTYLE	Freestyle	FREESTYLE	10:40AM	JUNIOR BLADES
9:50 AM	FREESTYLE	FREESTYLE	FREESTYLE	Freestyle	FREESTYLE	10:20AM	LTS CLASS
10:20 AM	FREESTYLE	FREESTYLE	ADULT POWER	JUNIOR BLADES	FREESTYLE	10:50AM	Exhibitions
10:50 AM	ADULT FS	JUNIOR BLADES	ADULT FS	JUNIOR BLADES	JUNIOR BLADES	11:00AM	ICE CUT
11:20AM	ADULT FS	JUNIOR BLADES	ADULT FS	LTS CLASS	JUNIOR BLADES	11:10AM	JUNIOR BLADES
11:50AM	Ice Cut	Ice Cut	Ice Cut	Ice Cut	Ice Cut	11:40AM	JUNIOR BLADES
12:00PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	12:10PM	SET -UP
12:30PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	12:15PM	LTS CLASS
1:00PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	12:45PM	PUBLIC
1:30PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	1:15PM	PUBLIC
2:00PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC		1:45PM	PUBLIC
2:30PM	PUBLIC	PUBLIC	PUBLIC	PUBLIC		2:30PM	PUBLIC
						3:00PM	PUBLIC

### OFF-ICE SCHEDULE

11:00AM CONDITIONING	10:30AM FLEXIBILITY	12PM ADULT CONDITIONING	8:40AM JUMPS	11:00AM CONDITIONING
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### AFTERNOON SCHEDULE

3:30 PM	FREESTYLE
4:00 PM	FREESTYLE
4:30 PM	FREESTYLE
5:00PM	JUNIOR BLADES
5:30 PM	JUNIOR BLADES
6:00PM	SET -UP

6:10PM

LTS CLASS

