



January 2018

Academy Off-Ice Classes

Monday 1 NO CLASSES HAPPY NEW YEAR !!!			Tuesday 16 2:30-3:30pm Gym/Conditioning Class (Open)
			5:30-6:30pm Ballet/Dance - Stephanie (Bronze-Silver-Gold)
			Wednesday 17 2:30-3:30pm Gym/Conditioning Class (Open)
			5:45-6:45pm Gym/Conditioning Class (Open)
			6:15-7:15pm Gym/Conditioning Class (Open)
Tuesday 2 2:30-3:30pm Gym/Conditioning Class (Open)			Thursday 18 2:30-3:30pm Gym/Conditioning Class (Open)
5:30-6:30pm Ballet/Dance - Stephanie (Bronze-Silver-Gold)			5:30-6:30pm Ballet/Dance - Stacey (Bronze-Silver-Gold)
Wednesday 3 2:30-3:30pm Gym/Conditioning Class (Open)			Friday 19 2:30-3:30pm Gym/Conditioning Class (Open)
5:15-6:15pm Gym/Conditioning Class (Open)			3:30-4:30pm Gym/Conditioning Class (Open)
6:15-7:15pm Gym/Conditioning Class (Open)			6:00-7:00pm Gym/Conditioning Class (Open)
Thursday 4 2:30-3:30pm Gym/Conditioning Class (Open)			Saturday 20 10:30-11:30am Ballet/Dance - Stacey (Bronze-Silver-Gold)
5:30-6:30pm Ballet/Dance - Stacey (Bronze-Silver-Gold)			Monday 22 2:30-3:30pm Gym/Conditioning Class (Open)
Friday 5 2:30-3:30pm Gym/Conditioning Class (Open)			5:45-6:45pm Gym/Conditioning Class (Open)
3:30-4:30pm Gym/Conditioning Class (Open)			6:15-7:15pm Gym/Conditioning Class (Open)
6:15-7:15pm Gym/Conditioning Class (Open)			Tuesday 23 2:30-3:30pm Gym/Conditioning Class (Open)
Saturday 6 10:30-11:30am Ballet/Dance - Stacey (Bronze-Silver-Gold)			5:30-6:30pm Ballet/Dance - Stephanie (Bronze-Silver-Gold)
Monday 8 2:30-3:30pm Gym/Conditioning Class (Open)			Wednesday 24 2:30-3:30pm Gym/Conditioning Class (Open)
5:45-6:45pm Gym/Conditioning Class (Open)			5:45-6:45pm Gym/Conditioning Class (Open)
6:15-7:15pm Gym/Conditioning Class (Open)			6:15-7:15pm Gym/Conditioning Class (Open)
Tuesday 9 2:30-3:30pm Gym/Conditioning Class (Open)			Thursday 25 2:30-3:30pm Gym/Conditioning Class (Open)
5:30-6:30pm Ballet/Dance - Stephanie (Bronze-Silver-Gold)			5:30-6:30pm Ballet/Dance - Stacey (Bronze-Silver-Gold)
Wednesday 10 2:30-3:30pm Gym/Conditioning Class (Open)			Friday 26 3:00-4:00pm Gym/Conditioning Class (Open)
5:45-6:45pm Gym/Conditioning Class (Open)			5:00-6:00pm Gym/Conditioning Class (Open)
6:15-7:15pm Gym/Conditioning Class (Open)			6:00-7:00pm Gym/Conditioning Class (Open)
Thursday 11 2:30-3:30pm Gym/Conditioning Class (Open)			Saturday 27 10:30-11:30am Ballet/Dance - Stacey (Bronze-Silver-Gold)
5:30-6:30pm Ballet/Dance - Stacey (Bronze-Silver-Gold)			Monday 29 2:30-3:30pm Gym/Conditioning Class (Open)
Friday 12 2:30-3:30pm Gym/Conditioning Class (Open)			5:45-6:45pm Gym/Conditioning Class (Open)
3:30-4:30pm Gym/Conditioning Class (Open)			6:15-7:15pm Gym/Conditioning Class (Open)
6:00-7:00pm Gym/Conditioning Class (Open)			Tuesday 30 2:30-3:30pm Gym/Conditioning Class (Open)
Saturday 13 10:30-11:30am Ballet/Dance - Stacey (Bronze-Silver-Gold)			5:30-6:30pm Ballet/Dance - Stephanie (Bronze-Silver-Gold)
Monday 15 2:30-3:30pm Gym/Conditioning Class (Open)			Wednesday 31 2:30-3:30pm Gym/Conditioning Class (Open)
5:45-6:45pm Gym/Conditioning Class (Open)			5:45-6:45pm Gym/Conditioning Class (Open)
6:15-7:15pm Gym/Conditioning Class (Open)			6:15-7:15pm Gym/Conditioning Class (Open)