

September 2018-Moylan Off & On-Ice Classes

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------|--|-----------------------------------|--------------------------|--|---|--|
| | | | | | | 1 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning |
| 2 | 3 No Classes-Labor Day | 4 Conditioning 6:10 pm | 5 *Jump/Spin 6:30 am | 6 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm | 7 Conditioning 6:00 am * Innovation 6:30 am Jump Class 6:10 pm | 8 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning |
| 9 | 10 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm | 11 Conditioning 6:10 pm | 12 No Class | 13 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm | 14 Conditioning 6:00 am *Innovation 6:30 am Jump Class 6:10 pm | 15 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning |
| 16 | 17 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm | 18 Conditioning 6:10 pm | 19 *Jump/Spin 6:30 am | 20 TaeKwanDo 7:30 pm | 21 | 22 *6:00-6:30 AM (BE) Go Figure |
| 23/30 | 24 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm | 25 Conditioning 6:10 pm | 26 *Jump/Spin 6:30 am | 27 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm | 28 Conditioning 6:00 am *Innovation 6:30 am | 29 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning *Red-On Ice Classes Black-Off Ice Classes |