

October 2018-Moylan Off & On-Ice Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm	2 Conditioning 6:10 pm	3 *Jump/Spin 6:30 am	4 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm	5 Conditioning 6:00 am * Innovation 6:30 am Jump Class 6:10 pm	6 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning
7	8 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm	9	10	11 TaeKwanDo 7:30 pm	12 Conditioning 6:00 am	13 *6:00-6:30 AM (BE) Go Figure
14	15 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm	16 Conditioning 6:10 pm	17 *Jump/Spin 6:30 am	18 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm	19 Conditioning 6:00 am *Innovation 6:30 am Jump Class 6:10 pm	20 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning
21	22 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm	23 Conditioning 6:10 pm	24 *Jump/Spin 6:30 am	25 Off-Ice Conditioning 6:00 am TaeKwanDo 7:30 pm	26 Conditioning 6:00 am * Innovation 6:30 am Jump Class 6:10 pm	27 *6:00-6:30 AM (BE) Go Figure *11:15 am Skating Skills 11:30 AM Conditioning
28	29 Conditioning 6:00 am *Edge/Str 6:30 am Choreography/ Interpretation/ Stretch 6:10 pm	30 Conditioning 6:10 pm	31 *Jump/Spin 6:30 am			*Red-On Ice Classes Black-Off Ice Classes