

# November 2018-Moylan Off & On-Ice Classes

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