

January 2019-Moylan Off & On-Ice Classes

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