



November 2017

Academy Off-Ice Classes

Wednesday 1	3:15-4:15pm	Gym/Conditioning Class (Open)	Wednesday 15	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)		5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)		6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
Thursday 2	3:15-4:15pm	Gym/Conditioning Class (Open)	Thursday 16	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)		5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)
Friday 3	3:15-4:15pm	Gym/Conditioning Class (Open)	Friday 17	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)		5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)		6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
Saturday 4	10:30-11:30am	Ballet/Dance (Bronze-Silver-Gold)	Saturday 18	10:30-11:30am	Ballet/Dance (Bronze-Silver-Gold)
Monday 6	3:15-4:15pm	Gym/Conditioning Class (Open)	Monday 20	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)		5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)		6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
Tuesday 7	3:15-4:15pm	Gym/Conditioning Class (Open)	Tuesday 21	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)		5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)
Wednesday 8	3:15-4:15pm	Gym/Conditioning Class (Open)	Wednesday 22	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)		5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)		6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
Thursday 9	3:15-4:15pm	Gym/Conditioning Class (Open)	Thursday 23		THANKSGIVING
	5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)	NO CLASSES		
Friday 10	3:15-4:15pm	Gym/Conditioning Class (Open)	Friday 24		THANKSGIVING
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)	NO CLASSES		
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)			
Saturday 11			Saturday 25		
NO CLASSES			NO CLASSES		
Monday 13	3:15-4:15pm	Gym/Conditioning Class (Open)	Monday 27	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)		5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
	6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)		6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
Tuesday 14	3:15-4:15pm	Gym/Conditioning Class (Open)	Tuesday 28	3:15-4:15pm	Gym/Conditioning Class (Open)
	5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)		5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)
Revised 10/23			Wednesday 29	3:15-4:15pm	Gym/Conditioning Class (Open)
				5:15-6:15pm	Gym/Conditioning Class (Silver-Gold)
				6:15-7:15pm	Gym/Conditioning Class (Bronze-Silver)
			Thursday 30	3:15-4:15pm	Gym/Conditioning Class (Open)
				5:30-6:30pm	Ballet/Dance (Bronze-Silver-Gold)