

# October 2017-Moylan Off & On-Ice Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Edge/Str 6:30 am</b>  Choreography/ Interpretation/ Stretch 6:10 pm	3  Conditioning 6:10 pm	4 <b>Jump/Spin 6:30 am</b>	5  TaeKwanDo 7:30 pm	6 <b>Innovation 6:30 am</b>  No Jump Class	7  9:10 AM Yoga  <b>11:15 am Skating Skills</b>
8	9 <b>Edge/Str 6:30 am</b>  No Choreography/ Interpretation/ Stretch Class	10  Conditioning 6:10 pm	11 <b>Jump/Spin 6:30 am</b>	12  TaeKwanDo 7:30 pm	13  No Classes	14  9:10 AM Yoga  <b>11:15 am Skating Skills</b>
15	16 <b>Edge/Str 6:30 am</b>  Choreography/ Interpretation/ Stretch 6:10 pm	17  Conditioning 6:10 pm	18 <b>Jump/Spin 6:30 am</b>	19  TaeKwanDo 7:30 pm	20 <b>Innovation 6:30 am</b>  Jump Class 6:10 pm	21  9:10 AM Yoga  <b>11:15 am Skating Skills</b>  11:30 AM Conditioning
22	23 <b>Edge/Str 6:30 am</b>  Choreography/ Interpretation/ Stretch 6:10 pm	24  Conditioning 6:10 pm	25 <b>Jump/Spin 6:30 am</b>	26  TaeKwanDo 7:30 pm	27 <b>Innovation 6:30 am</b>  Jump Class 6:10 pm	28  9:10 AM Yoga  <b>11:15 am Skating Skills</b>  11:30 AM Conditioning
29	30 <b>Edge/Str 6:30 am</b>  Choreography/ Interpretation/ Stretch 6:10 pm	31  Conditioning 6:10 pm				  <b>Red-On Ice Classes</b> <b>Black-Off Ice Classes</b>