



REVISED SCHEDULE
DEC 01-05, 2020

Wednesday, Dec 02

OFF ICE	Senior & Intermediate A	OFF ICE	Intermediate B & Junior
Zoom ID 864 5460 1359	Passcode 4283929	Zoom ID 864 5460 1359	Passcode 4283929
5:20-6:05	Strength & Conditioning with JaeLyn	4:30-5:15	Strength & Conditioning with JaeLyn

Thursday, Dec 03

OFF ICE	Senior & Intermediate A	OFF ICE	Intermediate B & Junior
Zoom ID 881 4573 3713	Passcode 996657	Zoom ID 864 5460 1359	Passcode 4283929
4:15-5:00	Performance Flow with Jadene	5:15-6:00	Jump/Spin Technique with Nicole

Friday, Dec 04

OFF ICE	Senior & Intermediate A	OFF ICE	Intermediate B & Junior
Zoom ID 864 5460 1359	Passcode 4283929	Zoom ID 864 5460 1359	
5:00-5:20	Flying spins with Vaughn	4:15-5:00	Dance with Tegan
5:20-5:50	Skating Technique with Heather		

Saturday, Dec 05

OFF ICE	Senior & Intermediate A & B	OFF ICE	Junior
Zoom ID 921 392 251	Passcode 012322	Zoom ID 921 392 251	Passcode 012322
9:30-10:15	Yoga for Figure Skaters with Angela	10:30-11:15	Yoga for Figure Skaters with Angela