

**Junior Prep/Can Skate Ages 6 and older: ZOOM SCHEDULE ONLY**

<b>Saturday – ZOOM</b> <b>ZOOM Jump/Yoga 10:30-11:15</b>	<b>Monday - LOA</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Tuesday</b>	<b>Wednesday-LOA</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Thursday- LOA</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Friday</b>
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**Junior: SUNDAY ICE TIME AND ZOOM CLASSES**

<b>Saturday – ZOOM</b> <b>ZOOM Jump/Yoga 10:30-11:15</b>	<b>Sunday- LOA</b> 12:45-1:30 Free Skate Group A 3:00-3:45 Free Skate Group B	<b>Monday</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Tuesday</b>	<b>Wednesday-LOA</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Thursday- LOA</b> <b>ZOOM Jump/Yoga 5:10-5:55</b>	<b>Friday</b>
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**Intermediate Group A:**

<b>Saturday – ZOOM</b> <b>ZOOM Jump/Yoga 9:30-10:15</b>	<b>Sunday- LOA</b> 1:20-1:35 Off-Ice Warm up 1:45-2:45 Free Skate	<b>Monday</b> <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Tuesday LOA</b> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	<b>Wednesday</b> <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Thursday- LOA</b> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate <b>Zoom CORE 6:00-6:45PM</b>
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**Intermediate Group B:**

<b>Saturday – ZOOM</b> <b>ZOOM Jump/Yoga 9:30-10:15</b>	<b>Monday - LOA</b> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Tuesday</b> <b>Zoom CORE 6:00-6:45PM</b>	<b>Wednesday-LOA</b> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Thursday</b> <b>Zoom CORE 6:00-6:45PM</b>	<b>Friday- LOA</b> 4:00-4:10 Off-Ice Warm up 4:15-5:15 Free Skate
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**Senior/Day Ice Group A:**

<b>Saturday – ZOOM</b> <b>ZOOM Jump Tech 9:30-10:15</b>	<b>Monday - LOA</b> 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Tuesday LOA</b> 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	<b>Wednesday-LOA</b> 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Thursday- LOA</b> 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	<b>Friday- LOA</b> 1:15-1:40 Off-Ice Warm up 1:45-2:45 Free Skate
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**Senior/Day Ice Group B:**

<b>Saturday – ZOOM</b> <b>ZOOM Jump Tech 9:30-10:15</b>	<b>Monday - LOA</b> 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Tuesday LOA</b> 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	<b>Wednesday-LOA</b> 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate <b>Zoom Jump/Yoga 6:00-7:00PM</b>	<b>Thursday- LOA</b> 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate <b>Zoom CORE 6:00-6:45PM</b>	<b>Friday- LOA</b> 2:30-2:55 Off-Ice Warm up 3:00-4:00 Free Skate
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**Adult and Parent Yoga/Core:**

	<b>Monday</b> <b>9:00-10:00AM</b>		<b>Wednesday</b> <b>9:00-10:00AM</b>		<b>Friday</b> <b>9:00-10:00AM</b>
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