MONDAY SCHEDULE

* Where block has a "/" it means you are skating during that time		Where block is blank, you are not skating

Time	Pre-Can	Canskate	Intro (stage 4-6)	Junior (star 1 -3)	Senior (star 4&5)	Elite (star6-10)
MONDAY			50min (Structured)	1 hour 20 min (Structured)	1 hour 20 min (Structure/Open)	1 hour 20min (Open session)
6:10-6:20			* STROKING (group)	* STROKING (group)		
6:20-6:30			Agility (group)	Dance (group structure)		
6:30-6:40			Balance (group)	Skills (group structure)		
6:40-6:50			Control (group)	Free skate (group structure)		
6:50-7:00			Private lesson	Private lesson		
7:00-7:10				Private lesson	Free skate (group structure)	
7:10-7:20				Private lesson	Private lesson	
7:20-7:30				Private lesson	Private lesson	
7:30-7:40			flood	flood	flood	flood
7:40-7:45					5 min warm up	5 min warm up
7:45-8:00					Private lesson	Private lesson
8:00-8:15					Private lesson	Private lesson
8:15-8:30					Private lesson	Private lesson
8:30-8:45						Private lesson
8:45-9:00						Private lesson