

MASTER CLASS SCHEDULE

ON ICE CLASS	OFF ICE CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00am - 8:45am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch
8:15am - 8:55am		US RINK	School Figures/Patch	School Figures/Patch		8:15am Cool Moves w/ Paul
9:15am - 9:40am		US RINK	Edges & Skills Warm Up	Edges & Skills Warm Up	Edges & Skills Warm Up	8:40am Beyond the Waltz Jump
9:40am - 10:05am		US RINK	The Key to Edge Jumps	Basic Spins: Upright, Sit & Camel	Being Your Best: Style & Presentation	Fancy Spins / Flying Spins
10:05am - 10:30am		US RINK	Wow, I Never Knew That	Back Spins	Wow, I Never Knew That	Flip Jumps
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11:45am - 12:10pm		US RINK	Stroking Technique	Dead Dances	Swing Rolls & Cross Rolls	Twizzles
	12:00pm - 12:45pm	Mezzanine	Ballet	Thera-Band Strength	Ballet	Thera-Band Strength
12:10pm - 12:35pm		US RINK	Preparing for the AXEL	Mastering Toe Jumps	The Key to Edge Jumps	Slides & Hydro-Planes
12:35pm - 1:00pm		US RINK	Loop, Flip & Lutz Jumps	Connecting Steps:- Footwork	The Art of the Hook: Centering Spins	Brackets & Loops
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1:15pm - 1:40pm		US RINK	SOS - Core Principles Pt 1	Being Your Best: w/ Paul	SOS - System of Skating	Mastering Toe Jumps
1:40pm - 2:05pm		US RINK	SOS - Core Principles Pt 2	Spread Eagles & Ina Bauers	SOS - System of Skating	Counters vs Rockers
2:05pm - 2:30pm		US RINK	3-Turns & Double 3 Turns	Mohawks vs. Choc-taws	Spirals	Pt.2 On-Ice Spin w/ Tracy
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2:45pm - 3:10pm		US RINK	Group Rehearsal	Group Rehearsal	Group Rehearsal	Group Rehearsal
3:10pm - 3:35pm		US RINK	Basic Partnering	Understanding Check and Check	Basic Partnering	Understanding Check and Check
	3:30pm - 3:55pm	Mezzanine	Yoga for Skating Recovery	Pt.1 Off-Ice Spin w/ Tracy	Yoga for Skating Recovery	