

Friday

	Snel - Ariana	Viteza - KEITH	Rapido - Sandi	Vitesse - Tyler
2:00	2:00 - 2:30			
2:15	Dryland/Warm Up			
2:30	,Mats on, Skates on			
2:45				
3:00	3:00 - 4:30	Sandi	Keith	
3:15	ICE	3:00 - 4:00	combined	combined
3:30	Jess	INLINE	Dryland	Dryland
3:45				
4:00		get changed	snack, changed, skates	4:00 - 4:30
4:15				Classroom
4:30	get changed		Flood	4:30 - 5:15
4:45		Classroom		Hoops and Games
5:00	4:45 - 6:15		4:45 - 5:45	
5:15			ICE	snack, changed, skates
5:30	Dryland Ariana	Hoops with Julia		
5:45	Hoops with Julia		changed, snack	
6:00		Dryland Keith		5:45 - 6:45
6:15	Eat, get changed			ICE
6:30			6:15 - 7:15	Jess
6:45		FLOOD - Get Changed	INLINE	get changed
7:00				Dryland Warm Down
7:15	7:00 - 8:00		get changed	7:00 - 7:30
7:30	INLINE	ICE		
7:45	Jess	7:00 - 8:00	Dryland Warm Down	
8:00	get changed	get changed	7:30 - 7:45	
8:15	Dryland Warm Down	Dryland Warm Down		
8:30	8:15 - 8:30	8:15 - 8:30		