

# January 2012 Freestyle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:00am-9:50am	2 6:00am-9:50am 3:10pm-6:00pm  Pilates/Plyometrics 5:45pm-6:30pm	3 6:00am-9:50am 3:10pm-6:00pm	4 6:00am-9:50am 3:10pm-5:30pm 6:15pm-7:00pm	5 6:00am-9:50am 3:10pm-6:00pm	6 6:00am-9:50am 3:10pm-6:00pm	7 7:00am-9:50am 7:00pm-8:20pm  Pilates/Plyometrics 10-10:45am Ballet 10:45- 11:30
8 6:00am-9:50am	9 6:00am-9:50am 3:10pm-6:00pm  Pilates/Plyometrics 5:45pm-6:30pm	10 6:00am-9:50am 3:10pm-6:00pm	11 6:00am-9:50am 3:10pm-5:30pm 6:15pm-7:00pm	12 6:00am-9:50am 3:10pm-6:00pm	13 6:00am-9:50am 3:10pm-6:00pm	14 7:00am-9:50am 7:00pm-8:20pm  Pilates/Plyometrics 10-10:45am Ballet 10:45- 11:30
15 6:00am-9:50am	16 6:00am-9:50am 3:10pm-6:00pm  Pilates/Plyometrics 5:45pm-6:30pm	17 6:00am-9:50am 3:10pm-6:00pm	18 6:00am-9:50am 3:10pm-5:30pm 6:15pm-7:00pm	19 6:00am-9:50am 3:10pm-6:00pm	20 6:00am-9:50am 3:10pm-6:00pm	21 7:00am-9:50am 7:00pm-8:20pm  Pilates/Plyometrics 10-10:45am Ballet 10:45- 11:30
22 6:00am-9:50am	23 6:00am-9:50am 3:10pm-6:00pm  Pilates/Plyometrics 5:45pm-6:30pm	24 6:00am-9:50am 3:10pm-6:00pm	25 6:00am-9:50am 3:10pm-5:30pm 6:15pm-7:00pm	26 6:00am-9:50am 3:10pm-6:00pm	27 6:00am-9:50am 3:10pm-6:00pm	28 7:00am-9:50am 7:00pm-8:20pm  Pilates/Plyometrics 10-10:45am Ballet 10:45- 11:30
29 6:00am-9:50am	30 6:00am-9:50am 3:10pm-6:00pm  Pilates/Plyometrics 5:45pm-6:30pm	31 6:00am-9:50am 3:10pm-6:00pm				

This schedule is subject to change without notice. Please call ahead for cancellations.

(Morning Freestyle- Charged for full session)

(Afternoon and evening Freestyle- Must purchase a minimum of 1 hr when there is at least 1 hr remaining in the session.)

Club Members: 1 Hr-\$13 45 Min-\$10 30 Min-\$7 15 Min- \$4

Non Members: 1 Hr-\$16 30 Min-\$8

\*Must see coach Jennifer before enrolling in the Pilates/Plyometrics or Ballet/Flexibility classes.

\$120 for 10 classes or \$15 per class.

Pines Ice Arena  
(954)704-8700