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| **Group 3** |  | **Monday** |  |
| 7:00 - 7:40am | 40 | Optional FS | New |
| 8:00 - 8:30am | 30 | Jump | Gym |
| 8:40 - 9:10am | 30 | Spin | Lobby |
| 9:20 - 9:50am | 30 | Stretch | Weight |
| 10:10 - 10:50am | 40 | Edge\* | Old |
| 10:55 - 11:35am | 40 | J & S Tech\* | New |
| 11:50 - 12:30am | 40 | Lunch | D-Hall |
| 12:40 - 1:50pm | 70 | Presentation  | TBD |
| 2:40 - 3:20pm | 40 | FS | Group 3 |
| 3:30 - 4:10pm | 40 | Optional FS  | Grp 3-4-5 |
| 4:10 - 5:10pm | 60 | Optiona FS  | Grp 3-4-5 |

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| **Group 3 / New** |  | **Tue, Wed, Th** |
| 7:10 - 7:50am | 40 | Optional FS |
| 8:00 - 8:20am | 20 | Edge |
| 8:20 - 9:00am | 40 | FS |
| 9:00 - 9:10am | 10 | Ice Cut |
| 9:10 - 9:30 | 20 | J&S Tech |
| 9:30 - 10:10am | 40 | FS |
| 10:10 - 10:50am | 40 | Choreo  |
| 11:10 - 11:50am | 40 | Jump / Strength  |
| 12:00 - 12:50am | 50 | Lunch |
| 1:10 - 1:50pm | 40 | Dance / Yoga |
| 4:30 - 5:30pm | 60 | Optional FS |
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| **Group 3 / New** |   | **Friday** |
| 8:00 - 8:40am | 40 | Optional FS |
| 8:40 - 8:50am | 10 | Ice Cut |
| 8:50 - 9:10am | 20 | Edge |
| 9:10 - 9:50am | 40 | FS |
| 9:50 - 10:00am | 10 | Ice Cut |
| 10:10 - 10:40am | 30 | Jump / Strength  |
| 10:40 - 11:00am | 20 | Stretch Class |
| 11:00 - 11:30 | 30 | Break |
| 12:00 - 12:50pm | 50 | Lunch |
| 1:00 - 1:40pm | 40 | Optional FS |
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| **Saturday** |  |  |
| 8:30 - 10:00 am | 90 | Optional FS |
| 10:15 - 10:45am | 30 | Optional On-Ice Class |
| 11:00 - 11:30am | 30 | Optional Off-Ice Class |