

OFF ICE GROUPS

GROUP A

A1 & A2	Monday	Ballet & Dance	Danni (Dance)
A1 & A2	Tuesday	Strength Circuits & Demo	Stephen & Dan
	Tuesday	Bio mechanics/technique	Dan
A1	Wednesday	Flexibility	Dan
A2	Wednesday	Ballet & Dance	Danni (Dance)
A1 & A2	Thursday	Challenge & Stretch	Stephen /Dannielle
A1 & A2	Thursday	IJS / ISU Demo	Liz Littler

GROUP B

B1	Monday	Ballet & Dance	Danni (Dance)
B2	Monday	Challenges & Stretch	Amada / Dannielle
B1 & B2	Tuesday	Strength & Circuits	Stephen / Dawn
B1	Wednesday	Challenges & Stretch	Stephen/Dan
B2	Wednesday	Ballet & Dance	Danni (Dance)
B1 & B2	Thursday	Flexibility	Amanda/Dannielle

GROUP C

C1	Monday	Ballet & Dance	Danni (Dance)
C2	Monday	Flexibility	Tammy/Jenny
C1 & C2	Tuesday	Strength & Circuits	Amanda/Jenny
C1	Wednesday	Flexibility	Amanda/Linzi
C2	Wednesday	Ballet & Dance	Danni (Dance)
C1 & C2	Thursday	Challenges & Stretch	Linzi/Dawn