

<p style="text-align: center;"><b><u>Optional Practice Days</u></b> <i>(Unlimited)</i></p>	<p>Monday 4 - 9pm Tuesday 4 - 6pm Wednesday 4 - 6pm Thursday 4 - 6pm Sunday 8:30 - 12pm</p>
<p style="text-align: center;"><b><u>2 Hour Class Break Down</u></b></p> <p style="text-align: center;">15 minutes warm up 45 minutes on skates training 30 minutes off skates training 30 minute conditioning / ballet</p>	<p>Monday 4:45-6:45pm Sunday 9:30-11:30am</p>
<p style="text-align: center;"><b><u>Mandatory Equipment</u></b></p>	<p>Skate Spinner Tennis Shoes Team Jacket Wheel / Bearing Upgrade</p>

**Additional Tools**

*(Not mandatory)*

Stretch bands

Yoga mat

Ankle weights