

North Star FSC Fall Contract 2017 August 28-November 26

MONDAY Rink B	TUESDAY Rink B	WEDNESDAY Rink B	THURSDAY Rink B	FRIDAY Rink B	SATURDAY Rink B	SUNDAY Rink B
					8:10-9:10 OPEN	7:30-830 WALK ON ICE IF AVAILABLE
2:50 – 3:40 OPEN A B	2:50 – 3:40 OPEN A B	2:50 – 3:40 OPEN A B	2:50 – 3:40 OPEN A B	2:50-3:40 OPEN ALL LEVELS	9:20 – 9:50 (30 min) MOVES AM	8:40 – 9:40 OPEN
3:50 – 4:40+ FREESTYLE A B HOME CLUB	3:50 – 4:40+ FREESTYLE A B HOME CLUB	3:50 – 4:40 + FREESTYLE A B HOME CLUB	3:50 – 4:40+ FREESTYLE A B HOME CLUB	3:50 – 4:50 OPEN ALL LEVELS	9:50 – 10:50 FREESTYLE A B B* HOME CLUB	9:50 – 10:50 OPEN
4:40-5:00 MOVES HM HOME CLUB MEMBERS	4:40-5:00 MOVES HM HOME CLUB MEMBERS	4:40-5:00 MOVES HM HOME CLUB MEMBERS	4:40-5:00 MOVES HM HOME CLUB MEMBERS		11:55 – 12:45 OPEN A B B* D #	MOVES ON RINK C PRE PREL, PREL, PRE JUV, JUV
5:10 – 6:00 OPEN A B B*	5:10 – 6:00 6:00-6:10 Cardio Blast OPEN A B B*	5:10 – 6:00 6:00-6:10 Cardio Blast OPEN A B B*	5:10 – 6:00 6:00-6:10 Cardio Blast OPEN A B B*		12:45 – 1:10 BOOT CAMP US 1 & 2 CARDIO BLAST 1:10-1:20	MOVES ON RINK B JUV, INT, NOV, JR, SR
MONDAY Rink C	TUESDAY Rink C	WEDNESDAY Rink C	THURSDAY Rink C	FRIDAY Rink C	SATURDAY Rink C	SUNDAY Rink C
2:50 – 3:40 OPEN B* C D #	2:50 – 3:40 OPEN B* C D #	2:50 – 3:40 OPEN B* C D #	2:50 – 3:40 OPEN B* C D #			
3:40 – 4:30 OPEN B* C D #	3:40 – 4:30 OPEN B* C D #	3:40 – 4:30 OPEN B* C D #	3:40 – 4:30 OPEN B* C D #			
4:40 – 5:00*** MOVES LM	4:40 – 5:00*** MOVES LM	4:40 – 5:10*** MOVES LM	4:40 – 5:10*** MOVES LM		11:50-12:40*** OPEN C	11:50-12:40*** OPEN 12:40-12:50 Cardio Blast C B*
	4:40-5:05 Boot Camp US 1		4:40-5:05 Boot Camp US 2			
5:00 – 5:50*** Open C D #		5:10 – 6:00*** OPEN 6:00-6:10 Cardio Blast C D #	5:10 – 6:00*** OPEN C D #		12:40-12:50 Exhibition Ice Sign up information available later	