

RSIA Freestyle Schedule valid 8/23/10 – 3/13/11

Monday

5:00 - 6:00 am 60- Freestyle
 6:00 - 6:30 am 30- Freestyle
 6:30 - 7:00 am **MIF Class**
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30- Freestyle
 2:10 - 3:10 pm 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:40 pm **Half-Ice FS**

Tuesday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 10:00 am 60- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:00 - 4:50 pm 50- Freestyle
 4:20 - 5:00 pm **OFF-ICE YOGA**

Wednesday

5:00 - 6:00 am 60- Freestyle
 5:30 - 6:00 am **OFF-ICE Jumps HIGH**
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:00 - 4:30 pm 30- Freestyle
 4:40 - 5:20 pm **OFF-ICE Jumps LOW**

Thursday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 10:00 am 60- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:00 - 4:30 pm 30- Freestyle
4:30 - 5:00 pm MIF Class
 5:05 - 5:35 pm **Low & Med Power/Edge**

Friday

5:00 - 5:30 am 30- Freestyle
 5:30 - 6:00 am **High/Elite Power/Edge**
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
 8:00 - 9:00 am 60- Freestyle
 9:00 - 9:30 am 30-Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:00 - 5:00 pm 60- Freestyle

Saturday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:00 - 8:00 am 60- Freestyle
8:10 - 8:40 am Power/Edge Med-High (half ice)
8:10 - 8:40 am Jump/Axel Class (half ice)
 8:05 - 8:45 am Floor Barre/Power Stretch (off-ice)
 8:45 - 9:25 am Floor Barre/Power Stretch (off-ice)
 9:30 - 10:10 am Hip Hop Dance Class (off-ice)
 10:15 - 10:45 am Ballet with a funky twist
 11:35 - 12:05 pm 30-Freestyle

Sunday

5:00 - 6:00 am 60 -Freestyle
 6:00 - 7:00 am 60 -Freestyle
*Expanded Sunday FS schedule is available on some
 Sundays. Check with a RSIA Staff Pro!*

Freestyle Pricing:

Walk on/Cash Prices:

60 minutes \$ 13.00
 45/50 minutes \$ 11.00
 20/30 minutes \$ 8.00
 Half-Ice Sessions \$ 5.00

VIP Gold Club Member Prices:

60 minutes \$ 9.75
 45/50 minutes \$ 8.50
 20/30 minutes \$ 6.25
 Half-ice sessions \$ 4.00

Rentals Available

Skates \$5.00
 Helmets \$5.00

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**Special Holiday Schedules will be published!
 Watch for them! This schedule is subject to
 changes. Always check for updates.**

