Skater Name: _	Week of:							
Г	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 Minute Workout	-	-			-			
Group Lesson								
Off Ice Warm Up								
On Ice Practice								
Private Lesson								
Run Through								
Static Stretch								
Visualization								
Please make note of				·				
any levels passed w/ date:								
Skater Name:	Week of:							
Γ	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 Minute Workout	·	·		·	·	·	·	
Group Lesson								
Off Ice Warm Up								
On Ice Practice								
Private Lesson								
Run Through								
Indir illiough								
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