Pass On the Passion Ice Dance Workshop

		- Rachil; Yoga Sarit; Videos Julia; Pr	· · · · · · · · · · · · · · · · · · ·
Day & Time	Notes for All	TRACK 1	TRACK 2
FRIDAY	(1:30 p.m. Resurface)	TRACK 1	TRACK 2
1:00-2:00 p.m.	Registration		
2:00-2:15 p.m.	Welcome & Overview		
2:15-2:20 p.m.	Skates On!		
2:20-2:50 p.m.	ON ICE CLASS - ALL		
2:50-2:55 p.m.			Skates Off
2:55-3:25 p.m.		ON ICE CLASS	OFF ICE CLASS - Workout
3:25-3:30 p.m.		Skates Off	Skates On
3:30-4:00 p.m.		OFF ICE CLASS - Workout	ON ICE CLASS
4:00-4:15 p.m.	Break (Resurface)	Skates On	
4:15-4:45 p.m.		KELLEY'S KURVES	OFF ICE CLASS – Videos
4:45-4:50 p.m.		Skates Off	Skates On
4:50-5:20 p.m.		OFF ICE CLASS - Videos	KELLEY'S KURVES
5:25-5:50 p.m.		Practice/Privates	Practice/Privates
5:50-6:15 p.m.		Practice/Privates	Practice/Privates
6:15-6:40 p.m.		Practice/Privates	Practice/Privates
6:40-7:00 p.m.	Break (Resurface)		
	Skates On!		
7:00-7:30 p.m.	ON ICE CLASS & DEMON	ISTRATIONS – ALL	
SATURDAY	(6:45 a.m. Resurface)	TRACK 1	TRACK 2
7:00-7:25 a.m.	(Optional)	Practice/Privates	Practice/Privates
7:25-7:50 a.m.	(Optional)	Practice/Privates	Practice/Privates
7:50-8:15 a.m.	(Optional)	Practice/Privates	Practice/Privates
8:15-8:20 a.m.		Skates On	Skates Off
8:20-8:50 a.m.		KELLEY'S KURVES	OFF ICE CLASS – Yoga
8:50-8:55 a.m.		Skates Off	Skates On
8:55-9:25 a.m.		OFF ICE CLASS - Yoga	KELLEY'S KURVES
9:25-9:40 a.m.	Break (Resurface)	Skates On	Skates Off
9:40-10:10 a.m.		ON ICE CLASS	OFF ICE CLASS - Workout
10:10-10:15 a.m.		Skates Off	Skates On
10:15-10:45 a.m.		OFF ICE CLASS - Workout	ON ICE CLASS
10:45-11:10 a.m.		Practice/Privates	Practice/Privates
11:10-11:35 a.m.		Practice/Privates	Practice/Privates
11:35-Noon		Practice/Privates	Practice/Privates
Noon-12:15 p.m.	Break (Resurface)	Skates On	
12:15-12:45 p.m.	. ,	ON ICE CLASS	OFF – Presentation/Interpretation
12:45-12:50 p.m.		Skates Off	Skates On
12:50-1:20 p.m.		OFF – Presentation/Interpretation	ON ICE CLASS
1:20-1:25 p.m.	Skates On!		
1:25-1:45 p.m.	ON ICE CLASS & DEMONSTRATIONS – ALL		

On Ice Classes -- Kelley and Donny; Workouts -- Rachil; Yoga -- Sarit; Videos -- Julia; Presentation/Interp -- TBA

Pass On the Passion Ice Dance Workshop, Continued					
SUNDAY	(7:15 a.m. Resurface)	TRACK 1	TRACK 2		
7:25 a.m.		Skates On			
7:30-8:00 a.m.		KELLEY'S KURVES	OFF ICE CLASS - Workout		
8:00-8:05 a.m.		Skates Off	Skates On		
8:05-8:35 a.m.		OFF ICE CLASS - Workout	KELLEY'S KURVES		
8:35-8:40 a.m.	Skates On!				
8:40-9:35 a.m.	ON ICE CLASS - ALL				
9:35-9:50 a.m.	Break (Resurface)				
9:50-10:15 a.m.		Practice/Privates	Practice/Privates		
10:15-10:40 a.m.		Practice/Privates	Practice/Privates		
10:40-11:05 a.m.		Practice/Privates	Practice/Privates		
11:05-11:30 a.m.		Practice/Privates	Practice/Privates		
11:30-11:45 a.m.	Break (Resurface)				
	Skates On!				
11:45-12:45 p.m.	ON ICE CLASS & DEMONSTRATIONS - ALL				
End of Workshop!					

\Pass On the Passion Schedule.xlsx