

FSCPC Virtual Group Off Ice Class
Schedule

Week of: 1/11



The following schedule is managed by the Park City Coaching Staff.
The following classes are offered live via ZOOM by the Individual Coaches at the Indicated Time. All times listed are MST.

For more information regarding our Instructors and their Classes - Please visit the Instructor Bio & Class Description Bio

ZOOM PASSWORD REQUIRED!

If you would like to take any of the following classes, please send a Venmo or PayPal (\$5.00) to the instructor prior to the class.

The instructor will comment on your payment (venmo) or email you back (paypal) with the Zoom ID & Password. Please make sure your Venmo account is set to private for security purposes.

If you need to contact any of our instructors please see their contact information under Instructor Contact & Payment Information.

	1/11 MONDAY	1/12 TUESDAY	1/13 WEDNESDAY	1/14 THURSDAY	1/15 FRIDAY	1/16 SATURDAY
7:00 AM	High Fitness Instructor - Haley Smith 7:00-7:45 am MST \$5.00					
7:30 AM						
8:00 AM						
8:15 AM			Spin Board Instructor - Sarah Lyle 8:15-8:45 am MDT \$5.00			
8:45 AM						
9:00 AM						
9:30 AM				SPINERGY - Spin Board Instructor - Kim Ryan Lewis 9:30-10 am MST \$5.00		
10:00 AM						
10:30 AM					High Fitness Instructor - Haley Smith 10:30-11:15am MST \$5.00	
11:00 AM						
11:30 AM						
12:00 PM		Double & Triple Jumps Instructor - Tiffany McNeil 12-12:30pm MST \$5.00		Double & Triple Jumps Instructor - Tiffany McNeil 12-12:30pm MST \$5.00		
3:15 PM		Double & Triple Jumps Instructor - Tiffany McNeil 3:15-3:45pm MST \$5.00		Double & Triple Jumps Instructor - Tiffany McNeil 3:15-3:45pm MST \$5.00		
3:45 PM						
4:00 PM						
4:30 PM						
5:00 PM						
6:00 PM						
6:30 PM	Double & Triple Jumps Instructor - Tiffany McNeil 6:30-7pm MST \$5.00		Double & Triple Jumps Instructor - Tiffany McNeil 6:30-7pm MST \$5.00			