



THE MICHELI CENTER
FOR SPORTS INJURY PREVENTION

CLASS SCHEDULE

To book: Call [781-216-0070](tel:781-216-0070) or email info@themichelicenter.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:20am Pairs/Dance					
				12:30-1:20pm Tier 1	
	1:00-1:50pm Tier 3		1:00-1:50pm Tier 3		1:00-1:50pm Tier 2
		1:30-2:20pm Tier 3	1:30-2:20pm Tier 2	1:30-2:20pm Tier 3	
		2:00-2:50pm Pairs/Dance			2:00-2:50pm Tier 1
2:30-3:20pm Tier 3	2:30-3:20pm Tier 2		2:30-3:20pm Tier 3	2:30-3:20pm Tier 2	2:30-3:20pm Tier 3
3:00-3:50pm Tier 2	3:00-3:50pm Pairs/Dance	3:00-3:50pm Tier 1	3:00-3:50pm Pairs/Dance		
		3:30-4:20pm Tier 2			3:30-4:20pm Tier 2
4:00-4:50pm Tier 2	4:00-4:50pm Tier 2			4:00-4:50pm Tier 2	
			4:30-5:20pm Tier 2	4:30-5:20pm Tier 1	
5:00-5:50pm Tier 1	5:30-6:20pm Tier 3				
	6:30-7:20pm Tier 2				
7:00-7:50pm Tier 3			7:00-7:50pm Tier 3		

50 minute classes
\$20 per class
5 classes: \$90
10 classes: \$160
20 classes: \$280

Within 30 days of taking your first class, you must complete an assessment with a TMC trainer to determine appropriate class level.
\$25 / 45 mins
(one-time assessment)

Tier 1 – Basic: No Test, Pre-Preliminary, Preliminary
Tier 2 – Progressive: Pre-Juvenile, Juvenile, Intermediate
Tier 3 – Advanced: Novice, Junior, Senior

You MUST sign-up in advance through TMC, no drop-ins available.
Classes are restricted to a maximum of 7 skaters.
All classes are subject to change.
A class may be cancelled 48 hours in advanced if there is no one signed up.