

Junior

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	

Intermediate

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	

Senior B

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	

Senior A

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	

Competitive Dance

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	

2020 Summer

Mon / Wed / Fri		Tue / Thur	
Arena A	Arena B	Arena A	Arena B
8:45 - 9:15am Int / Sr B Edges (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	8:45 - 9:00 Flood
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	9:00 - 10:00 Comp
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Comp	10:30 - 11:30 Sr A Freeskate	10:00 - 10:15 Flood
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Flood	10:15 - 11:15 Int Freeskate
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:30 Sr A Freeskate	11:15 - 11:30 Flood
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:30 - 12:45 Sr A Int'l Judging System	11:30 - 12:30 Comp
1:00 - 1:45 Sr B Freeskate	11:30 - 12:30 Comp	12:45 - 1:00 Flood	1:30 - 1:45 Flood
1:45 - 2:00 Sr B Spins	1:30 - 1:45 Flood	1:00 - 2:00 Sr B Freeskate	1:45 - 2:30 Comp
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Comp	2:00 - 2:15 Flood	
2:15 - 2:30 Flood		2:15 - 3:15 Sr A Freeskate	
2:30 - 3:15 Sr A Freeskate		3:15 - 3:45 Sr A Edges	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		3:45 - 4:00 Flood	
3:45 - 4:00 Flood		4:00 - 4:30 Jr Edges	
4:00 - 4:30 Jr Edges (M/W), Theatre (F)		4:30 - 5:15 Jr Freeskate	
4:30 - 5:15 Jr Freeskate		5:15 - 5:30 Jr Stroking	
5:15 - 5:30 Jr Stroking			

Off-ice		Off-ice	
10:30 - 11:30am Sr B Ballet (M/W), Zumba (F)	9:25 - 9:45am Int Jump Class	10:30 - 11:30am Sr B Fitness	9:25 - 9:45am Int Jump Class
12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Ballet (M/W), Zumba (F)	12:25 - 12:45 Sr B Jump Class	10:30 - 11:20 Comp Fitness
1:25 - 2:15 Sr A Ballet (M/W), Zumba (F)	12:00 - 1:00 Int Ballet (M/W), Zumba (F)	1:40 - 2:00 Sr A Jump Class	12:00 - 1:00 Int Fitness
2:45 - 3:45 Jr Ballet (M/W), Zumba (F)		2:45 - 3:45 Jr Jump Class	
		4:00 - 5:00 Sr A Fitness	