

Junior

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Junior Academy 5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:30 Edge Class - Sr A Flood	6:15 – 7:00 CanSkate
3:45 – 4:30 Freeskate - Sr A/B Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B 5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B 6:15 – 7:15 Freeskate - Int B 7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Freeskate - Jr + new Int B* 5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:45 Edge Class - Sr A Flood	Flood 6:15 – 6:45 Edge Class - Int A/B 6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B Flood	7:45 – 8:15 Spins - Int A/B
5:00 – 6:00 Freeskate - Sr A/B	
	WEM
	4:45 – 5:45pm JumpStart 5:45 – 6:30 CanSkate 6:30 – 7:15 CanSkate
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B 7:00 – 8:00 Flexibility & Core - Sr A/B	6:10 – 6:40pm Jump - new Int B (at Arena)* 6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:00 – 4:15pm Spins - Int B 4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A Flood	5:15 – 5:30 Stroking - Int B
3:30 – 4:15 Freeskate - Sr A/B 4:15 – 4:45 Stroking - Sr A/B Flood	Flood 5:45 – 7:15 Comp / AdultSkate
5:00 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:30 Spins - Int A, Sr A/B 6:00 – 6:30 Edge Class - Jr 6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr 6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	3:45 – 4:30pm CanSkate 4:30 – 5:30 Junior Academy 5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A 3:45 – 4:00 Edge Class - Sr A Flood	
4:15 – 5:00 Freeskate - Sr A/B 5:00 – 5:30 Edge Class - Int A, Sr B 5:30 – 5:45 Spins - Int A 5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B 6:00 – 7:00 Yoga - Sr A	6:30 – 7:00pm Off-ice - Junior Academy

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	5:00 – 6:00pm Freeskate - Int B 6:00 – 6:15 Spins - Int B 6:15 – 6:30 Stroking - Int B
1:45 – 2:45 Freeskate - Sr A Flood	
3:00 – 3:45 Freeskate - Sr A Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:15 Stroking - Jr, Int A, Sr B 6:15 – 7:15 Freeskate - Jr 7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr 7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B Flood	9:45 – 10:45am Comp / AdultSkate Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B 11:00 – 11:15 Spins - Int A/B, Sr A/B 11:15 – 11:45 Edge Class - Jr + new Int B* 11:45 – 12:45 Freeskate - Jr + new Int B*	11:00 – 12:00 Comp / AdultSkate 12:00 – 12:45 Comp
	Sunday - TRC-c
	11:00 – 11:45am CanSkate 11:45 – 12:30 CanSkate 12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy

Intermediate B

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:15 – 3:30 Edge Class - Sr A	
Flood	
3:45 – 4:30 Freeskate - Sr A/B	
Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B	
5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B	
6:15 – 7:15 Freeskate - Int B	
7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Freeskate - Jr + new Int B*
Flood	5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edge Class - Int A/B
Flood	6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15 Spins - Int A/B
Flood	
5:00 – 6:00 Freeskate - Sr A/B	
	WEM
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B	6:10 – 6:40pm Jump - new Int B (at Arena)*
7:00 – 8:00 Flexibility & Core - Sr A/B	6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 7:15 Comp / AdultSkate
4:15 – 4:45 Stroking - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr	
6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 5:30 Edge Class - Int A, Sr B	
5:30 – 5:45 Spins - Int A	
5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B	6:30 – 7:00pm Off-ice - Junior Academy
6:00 – 7:00 Yoga - Sr A	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	5:00 – 6:00pm Freeskate - Int B
Flood	6:00 – 6:15 Spins - Int B
1:45 – 2:45 Freeskate - Sr A	6:15 – 6:30 Stroking - Int B
Flood	
3:00 – 3:45 Freeskate - Sr A	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:15 Stroking - Jr, Int A, Sr B	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr	
7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B	9:45 – 10:45am Comp / AdultSkate
Flood	Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B	11:00 – 12:00 Comp / AdultSkate
11:00 – 11:15 Spins - Int A/B, Sr A/B	12:00 – 12:45 Comp
11:15 – 11:45 Edge Class - Jr + new Int B*	
11:45 – 12:45 Freeskate - Jr + new Int B*	
	Sunday - TRC-c
	11:00 – 11:45am CanSkate
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy

Intermediate A

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:15 – 3:30 Edge Class - Sr A	
Flood	
3:45 – 4:30 Freeskate - Sr A/B	
Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B	
5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B	
6:15 – 7:15 Freeskate - Int B	
7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Freeskate - Jr + new Int B*
Flood	5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edge Class - Int A/B
Flood	6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15 Spins - Int A/B
Flood	
5:00 – 6:00 Freeskate - Sr A/B	
	WEM
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B	6:10 – 6:40pm Jump - new Int B (at Arena)*
7:00 – 8:00 Flexibility & Core - Sr A/B	6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 7:15 Comp / AdultSkate
4:15 – 4:45 Stroking - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr	
6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 5:30 Edge Class - Int A, Sr B	
5:30 – 5:45 Spins - Int A	
5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B	6:30 – 7:00pm Off-ice - Junior Academy
6:00 – 7:00 Yoga - Sr A	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	5:00 – 6:00pm Freeskate - Int B
Flood	6:00 – 6:15 Spins - Int B
1:45 – 2:45 Freeskate - Sr A	6:15 – 6:30 Stroking - Int B
Flood	
3:00 – 3:45 Freeskate - Sr A	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:15 Stroking - Jr, Int A, Sr B	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr	
7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B	9:45 – 10:45am Comp / AdultSkate
Flood	Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B	11:00 – 12:00 Comp / AdultSkate
11:00 – 11:15 Spins - Int A/B, Sr A/B	12:00 – 12:45 Comp
11:15 – 11:45 Edge Class - Jr + new Int B*	
11:45 – 12:45 Freeskate - Jr + new Int B*	
	Sunday - TRC-c
	11:00 – 11:45am CanSkate
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy

Senior B

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Junior Academy 5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:30 Edge Class - Sr A Flood	6:15 – 7:00 CanSkate
3:45 – 4:30 Freeskate - Sr A/B Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B 5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B 6:15 – 7:15 Freeskate - Int B 7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Freeskate - Jr + new Int B* 5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:45 Edge Class - Sr A Flood	Flood 6:15 – 6:45 Edge Class - Int A/B 6:45 – 7:45 Freeskate - Int A/B 7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B Flood	
5:00 – 6:00 Freeskate - Sr A/B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B 7:00 – 8:00 Flexibility & Core - Sr A/B	6:10 – 6:40pm Jump - new Int B (at Arena)* 6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:00 – 4:15pm Spins - Int B 4:15 – 5:15 Freeskate - Int B 5:15 – 5:30 Stroking - Int B
2:15 – 3:15 Freeskate - Sr A Flood	Flood 5:45 – 7:15 Comp / AdultSkate
3:30 – 4:15 Freeskate - Sr A/B 4:15 – 4:45 Stroking - Sr A/B Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:30 Spins - Int A, Sr A/B 6:00 – 6:30 Edge Class - Jr 6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr 6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	3:45 – 4:30pm CanSkate 4:30 – 5:30 Junior Academy 5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A 3:45 – 4:00 Edge Class - Sr A Flood	
4:15 – 5:00 Freeskate - Sr A/B 5:00 – 5:30 Edge Class - Int A, Sr B 5:30 – 5:45 Spins - Int A 5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B 6:00 – 7:00 Yoga - Sr A	6:30 – 7:00pm Off-ice - Junior Academy

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	5:00 – 6:00pm Freeskate - Int B 6:00 – 6:15 Spins - Int B 6:15 – 6:30 Stroking - Int B
1:45 – 2:45 Freeskate - Sr A Flood	
3:00 – 3:45 Freeskate - Sr A Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:15 Stroking - Jr, Int A, Sr B 6:15 – 7:15 Freeskate - Jr 7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr 7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B Flood	9:45 – 10:45am Comp / AdultSkate Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B 11:00 – 11:15 Spins - Int A/B, Sr A/B 11:15 – 11:45 Edge Class - Jr + new Int B* 11:45 – 12:45 Freeskate - Jr + new Int B*	11:00 – 12:00 Comp / AdultSkate 12:00 – 12:45 Comp
OFF-ICE - ZOOM	
	11:00 – 11:45am CanSkate 11:45 – 12:30 CanSkate 12:30 – 1:30 Junior Academy
	10:00-10:30am Off-ice - Junior Academy

Sunday - TRC-c

11:00 – 11:45am CanSkate
11:45 – 12:30 CanSkate
12:30 – 1:30 Junior Academy

Senior A

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:15 – 3:30 Edge Class - Sr A	
Flood	
3:45 – 4:30 Freeskate - Sr A/B	
Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B	
5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B	
6:15 – 7:15 Freeskate - Int B	
7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Freeskate - Jr + new Int B*
Flood	5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edge Class - Int A/B
Flood	6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15 Spins - Int A/B
Flood	
5:00 – 6:00 Freeskate - Sr A/B	
	WEM
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B	6:10 – 6:40pm Jump - new Int B (at Arena)*
7:00 – 8:00 Flexibility & Core - Sr A/B	6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 7:15 Comp / AdultSkate
4:15 – 4:45 Stroking - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr	
6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 5:30 Edge Class - Int A, Sr B	
5:30 – 5:45 Spins - Int A	
5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B	6:30 – 7:00pm Off-ice - Junior Academy
6:00 – 7:00 Yoga - Sr A	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	5:00 – 6:00pm Freeskate - Int B
Flood	6:00 – 6:15 Spins - Int B
1:45 – 2:45 Freeskate - Sr A	6:15 – 6:30 Stroking - Int B
Flood	
3:00 – 3:45 Freeskate - Sr A	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:15 Stroking - Jr, Int A, Sr B	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr	
7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B	9:45 – 10:45am Comp / AdultSkate
Flood	Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B	11:00 – 12:00 Comp / AdultSkate
11:00 – 11:15 Spins - Int A/B, Sr A/B	12:00 – 12:45 Comp
11:15 – 11:45 Edge Class - Jr + new Int B*	
11:45 – 12:45 Freeskate - Jr + new Int B*	
	Sunday - TRC-c
	11:00 – 11:45am CanSkate
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy

Competitive Dance / Pairs

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Junior Academy 5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:30 Edge Class - Sr A Flood	6:15 – 7:00 CanSkate
3:45 – 4:30 Freeskate - Sr A/B Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B 5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B 6:15 – 7:15 Freeskate - Int B 7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:30 – 5:30pm Freeskate - Jr + new Int B* 5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A 3:15 – 3:45 Edge Class - Sr A Flood	Flood 6:15 – 6:45 Edge Class - Int A/B 6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B Flood	7:45 – 8:15 Spins - Int A/B
5:00 – 6:00 Freeskate - Sr A/B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B 7:00 – 8:00 Flexibility & Core - Sr A/B	6:10 – 6:40pm Jump - new Int B (at Arena)* 6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A Flood	4:00 – 4:15pm Spins - Int B 4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A Flood	5:15 – 5:30 Stroking - Int B
3:30 – 4:15 Freeskate - Sr A/B 4:15 – 4:45 Stroking - Sr A/B Flood	Flood 5:45 – 7:15 Comp / AdultSkate
5:00 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:30 Spins - Int A, Sr A/B 6:00 – 6:30 Edge Class - Jr 6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr 6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	3:45 – 4:30pm CanSkate 4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A Flood	5:30 – 6:15 CanSkate
2:45 – 3:45 Freeskate - Sr A 3:45 – 4:00 Edge Class - Sr A Flood	6:15 – 7:00 CanSkate
4:15 – 5:00 Freeskate - Sr A/B 5:00 – 5:30 Edge Class - Int A, Sr B 5:30 – 5:45 Spins - Int A 5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B 6:00 – 7:00 Yoga - Sr A	6:30 – 7:00pm Off-ice - Junior Academy

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A Flood	5:00 – 6:00pm Freeskate - Int B 6:00 – 6:15 Spins - Int B
1:45 – 2:45 Freeskate - Sr A Flood	6:15 – 6:30 Stroking - Int B
3:00 – 3:45 Freeskate - Sr A Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B 6:00 – 6:15 Stroking - Jr, Int A, Sr B 6:15 – 7:15 Freeskate - Jr 7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr 7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B Flood	9:45 – 10:45am Comp / AdultSkate Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B 11:00 – 11:15 Spins - Int A/B, Sr A/B 11:15 – 11:45 Edge Class - Jr + new Int B*	11:00 – 12:00 Comp / AdultSkate 12:00 – 12:45 Comp
11:45 – 12:45 Freeskate - Jr + new Int B*	
OFF-ICE - ZOOM	
	11:00 – 11:45am CanSkate 11:45 – 12:30 CanSkate 12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy

Sunday - TRC-c

Master Schedule November 1, 2020 - April 17, 2021

Monday	
WEM	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
2:15 – 3:15 Freeskate - Sr A	6:15 – 7:00 CanSkate
3:15 – 3:30 Edge Class - Sr A	
Flood	
3:45 – 4:30 Freeskate - Sr A/B	
Flood	
4:45 – 5:45 Freeskate - Int A, Sr A/B	
5:45 – 6:00 Edge Class - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B	
6:15 – 7:15 Freeskate - Int B	
7:15 – 7:30 Edge Class - Int B	
OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:30 – 5:30pm Freeskate - Jr + new Int B*
Flood	5:30 – 6:00 Edges - Jr + new Int B*
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edge Class - Int A/B
Flood	6:45 – 7:45 Freeskate - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	7:45 – 8:15 Spins - Int A/B
Flood	
5:00 – 6:00 Freeskate - Sr A/B	
	WEM
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE - ZOOM	
4:00 – 5:00pm Flexibility & Core - Int A/B	6:10 – 6:40pm Jump - new Int B (at Arena)*
7:00 – 8:00 Flexibility & Core - Sr A/B	6:45 – 7:15pm Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 7:15 Comp / AdultSkate
4:15 – 4:45 Stroking - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Ballet - Jr	
6:30 – 7:30 Ballet - Int B	

Thursday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freeskate - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 5:30 Edge Class - Int A, Sr B	
5:30 – 5:45 Spins - Int A	
5:45 – 6:45 Freeskate - Int A, Sr B	
OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B	6:30 – 7:00pm Off-ice - Junior Academy
6:00 – 7:00 Yoga - Sr A	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	5:00 – 6:00pm Freeskate - Int B
Flood	6:00 – 6:15 Spins - Int B
1:45 – 2:45 Freeskate - Sr A	6:15 – 6:30 Stroking - Int B
Flood	
3:00 – 3:45 Freeskate - Sr A	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:15 Stroking - Jr, Int A, Sr B	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Artistic Development - Jr	
OFF-ICE - ZOOM	
4:00 – 4:45pm Jump Class - Jr	
7:15 – 8:00 Yoga - Int A, Sr B	

Saturday	
CLW	KMN
9:00 – 10:00am Freeskate - Int A/B, Sr A/B	9:45 – 10:45am Comp / AdultSkate
	Flood
10:15 – 11:00 Freeskate - Int A/B, Sr A/B	11:00 – 12:00 Comp / AdultSkate
11:00 – 11:15 Spins - Int A/B, Sr A/B	12:00 – 12:45 Comp
11:15 – 11:45 Edge Class - Jr + new Int B*	
11:45 – 12:45 Freeskate - Jr + new Int B*	
	Sunday - TRC-c
	11:00 – 11:45am CanSkate
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE - ZOOM	
	10:00-10:30am Off-ice - Junior Academy