

**Junior**

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	

**Intermediate B**

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	

**Intermediate A**

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15
4:00 – 4:45 Freeskate - Sr A/B	Spins - Int A/B
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	

**Senior B**

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	

**Senior A**

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	

### Master Schedule September 1, 2022 - April 15, 2023

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy
Flood	5:30 – 6:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:15 – 5:15pm Fitness - Sr A	5:35 – 6:05pm Off-ice - Junior Academy
5:15 – 6:15 Fitness - Sr A/B	
5:35 – 6:05 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:15 – 6:00pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	6:15 – 6:45 Edges - Int B
3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
4:00 – 4:45 Freeskate - Sr A/B	
Flood	
5:00 – 6:00 Freeskate - Jr	WEM
6:00 – 6:30 Edge Class - Jr	4:45 – 5:45pm JumpStart
6:15 – 6:45 Edge Class - Int A, Sr A/B	5:45 – 6:30 CanSkate
6:45 – 7:45 Freeskate - Int A, Sr A/B	6:30 – 7:15 CanSkate
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	5:20 – 6:05pm Jump Class - Int B
4:10 – 4:50 Fitness - Jr	5:50 – 6:20 Off-ice - JumpStart
5:00 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:00 – 4:15pm Spins - Int B
	4:15 – 5:15 Freeskate - Int B
TRC-a	5:15 – 5:30 Stroking - Int B
1:00 – 2:00pm Freeskate - Sr A	Flood
Flood	5:45 – 7:15 Pair / Dance
2:15 – 3:15 Freeskate - Sr A	
Flood	WEM
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:30pm CanSkate
4:15 – 4:45 Stroking - Int A, Sr A/B	6:30 – 7:15 CanSkate
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	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30 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	6:15 – 7:00 CanSkate
3:45 – 4:00 Jump Drills - Sr A/B	6:15 – 7:00 PowerSkate
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
Flood	
5:15 – 6:15 Freeskate - Int B	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 6:00 Fitness - Int A	
5:15 – 6:15 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:45 – 4:45pm Pair / Dance
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 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	
6:15 – 7:15 Freeskate - Jr	
7:15 – 7:30 Creative Movement - Jr	
OFF-ICE	
4:50 – 5:50pm Ballet - Jr	6:20 – 7:20pm Ballet - Int B

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Pair / Dance
Flood	12:00 – 12:45 Pair / Dance
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	Sunday - TRC-c
12:15 – 12:45 Edges - Jr	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:30 – 10:15am CanSkate	11:45 – 12:30 CanSkate
10:15 – 11:00 CanSkate	12:30 – 1:30 Junior Academy
11:00 – 12:00 JumpStart	
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
12:05 – 12:35pm Off-ice - JumpStart	