ICEPALACE
FIGURE SKATING CLUB

Senior B

Monday

WEM	TRC
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
12:30 – 1:30pm Freeskate - Sr A	6:15 – 7:00 CanSkate
Flood	
1:45 – 2:30 Freeskate - Sr A	
Flood	
2:45 – 3:45 Freeskate - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
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

4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday

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

OFF-ICE

4:00 – 5:00pm Ballet - Sr A	4:45 – 5:15pm Jump Class - Int B
4:15 – 5:00 Fitness - Jr	5:30 – 6:00 Jump Class - Int B
5:10 – 6:00 Ballet - Int A, Sr A/B	5:50 – 6:20 Off-ice - JumpStart

Wednesday

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

OFF-ICE

5:00 – 5:45pm Jump Class - Jr	

Thursday

WEM	TRC
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	
3:45 – 4:00 Jump Drills - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
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 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Off-ice - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Off-ice - Sr A/B	

Friday

TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:15 – 4:15pm Pair / Dance
Flood	Flood
1:45 – 2:45 Freeskate - Sr A	4:30 – 5:15 Pair / Dance
Flood	5:15 – 6:00 Freeskate - Int B
3:00 – 3:45 Freeskate - Sr A/B	6:00 – 6:15 Stroking - Int B
Flood	Flood
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:30 – 7:00 Spins - Int B
Flood	7:00 – 7:45 Freeskate - Int B
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

4:45 – 5:45pm Ballet - Jr	

Saturday

TRC	TRC
10:15 – 11:00am CanSkate	9:30 – 10:15am CanSkate
11:00 – 11:45 CanSkate	10:15 – 11:00 CanSkate
11:45 – 12:45 JumpStart	11:00 – 11:45 CanSkate
	11:45 – 12:30 CanSkate
	12:30 – 1:30 Junior Academy

OFF-ICE

12:50 – 1:20pm Off-ice - JumpStart	11:45am – 12:15pm Off-ice - Junior Academy