

Junior

| Monday | |
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| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 3:45 – 4:30pm CanSkate / Adult LTS |
| | 4:30 – 5:30 |
| 12:30 – 1:30pm Freeskate - Sr A | Junior Academy |
| Flood | 5:30 – 6:15 |
| 1:45 – 2:30 Freeskate - Sr A | CanSkate |
| Flood | 6:15 – 7:00 |
| 2:45 – 3:45 Freeskate - Sr A | CanSkate |
| 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 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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-c |
| 1:00 – 2:00pm Freeskate - Sr A | 3:15 – 4:15pm Pair / Dance / Int / Sr |
| Flood | 4:15 – 5:15 |
| 2:15 – 3:15 Freeskate - Sr A | Pair / Dance |
| Flood | Flood |
| 3:15 – 3:45 Edge Class - Sr A | 5:30 – 6:15 Freeskate - Int B |
| Flood | 6:15 – 6:45 Edges - Int B |
| 4:00 – 5:00 Freeskate - Int A, Sr A/B | Flood |
| Flood | 7:00 – 7:15 Spins - Int B |
| 5:15 – 6:15 Freeskate - Jr | 7:15 – 8:00 Freeskate - Int B |
| 6:15 – 6:45 Edge Class - Jr | |
| 6:15 – 6:45 Edge Class - Int A, Sr A/B | WEM |
| 6:45 – 7:45 Freeskate - Int A, Sr A/B | 4:15 – 5:00pm CanSkate |
| | 5:00 – 6:00 JumpStart |
| | 6:00 – 6:45 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 | 6:05 – 6:35 Off-ice - JumpStart |
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| Wednesday | |
|--|--|
| TRC-a | TRC-c |
| 1:00 – 2:00pm Freeskate - Sr A | 2:45 – 3:45pm Pair / Dance / Int / Sr |
| Flood | Flood |
| 2:15 – 3:15 Freeskate - Sr A | 4:00 – 5:00 Freeskate - Int B |
| Flood | 5:00 – 5:15 Spins - Int B |
| 3:30 – 4:15 Freeskate - Int A, Sr A/B | 5:15 – 5:30 Stroking - Int B |
| 4:15 – 4:45 Stroking - Int A, Sr A/B | Flood |
| Flood | 5:45 – 6:45 Freeskate - Int B |
| 5:00 – 6:00 Freeskate - Int A, Sr A/B | 6:45 – 7:45 Pair / Dance |
| 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 | |
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| Thursday | |
|--|---|
| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 1:15 – 2:00pm CanSkate |
| | 3:00 – 3:45 |
| 12:30 – 1:30pm Freeskate - Sr A | CanSkate |
| Flood | 3:45 – 4:30 |
| 1:45 – 2:30 Freeskate - Sr A | CanSkate |
| Flood | 4:30 – 5:30 Junior Academy |
| 2:45 – 3:45 Freeskate - Sr A | 5:30 – 6:15 |
| 3:45 – 4:00 Jump Drills - Sr A/B | CanSkate |
| Flood | |
| 4:15 – 5:00 Freeskate - Int A, Sr A/B | |
| 5:00 – 6:00 Freeskate - Int B | |
| Flood | |
| 6:15 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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 Yoga - Sr A | |
| 5:10 – 6:00 Fitness - Int A | |
| 5:15 – 6:15 Yoga - Sr A/B | |

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

| Monday | |
|--|---|
| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 3:45 – 4:30pm CanSkate / Adult LTS |
| | 4:30 – 5:30 Junior Academy |
| 12:30 – 1:30pm Freestyle - Sr A | 5:30 – 6:15 CanSkate |
| Flood | 6:15 – 7:00 CanSkate |
| 1:45 – 2:30 Freestyle - Sr A | |
| Flood | |
| 2:45 – 3:45 Freestyle - Sr A | |
| 3:45 – 4:00 Edge Class - Sr A/B | |
| Flood | |
| 4:15 – 5:00 Freestyle - Int A, Sr A/B | |
| 5:00 – 6:00 Freestyle - Int B | |
| Flood | |
| 6:15 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 Freestyle - 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-c |
| 1:00 – 2:00pm Freestyle - Sr A | 3:15 – 4:15pm Pair / Dance / Int / Sr |
| Flood | 4:15 – 5:15 Pair / Dance |
| 2:15 – 3:15 Freestyle - Sr A | Flood |
| 3:15 – 3:45 Edge Class - Sr A | 5:30 – 6:15 Freestyle - Int B |
| Flood | 6:15 – 6:45 Edges - Int B |
| 4:00 – 5:00 Freestyle - Int A, Sr A/B | Flood |
| Flood | 7:00 – 7:15 Spins - Int B |
| 5:15 – 6:15 Freestyle - Jr | 7:15 – 8:00 Freestyle - Int B |
| 6:15 – 6:45 Edge Class - Jr | |
| 6:15 – 6:45 Edge Class - Int A, Sr A/B | WEM |
| 6:45 – 7:45 Freestyle - Int A, Sr A/B | 4:15 – 5:00pm CanSkate |
| | 5:00 – 6:00 JumpStart |
| | 6:00 – 6:45 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 | 6:05 – 6:35 Off-ice - JumpStart |
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| Wednesday | |
|--|--|
| TRC-a | TRC-c |
| 1:00 – 2:00pm Freestyle - Sr A | 2:45 – 3:45pm Pair / Dance / Int / Sr |
| Flood | Flood |
| 2:15 – 3:15 Freestyle - Sr A | 4:00 – 5:00 Freestyle - Int B |
| Flood | 5:00 – 5:15 Spins - Int B |
| 3:30 – 4:15 Freestyle - Int A, Sr A/B | 5:15 – 5:30 Stroking - Int B |
| 4:15 – 4:45 Stroking - Int A, Sr A/B | Flood |
| Flood | 5:45 – 6:45 Freestyle - Int B |
| 5:00 – 6:00 Freestyle - Int A, Sr A/B | 6:45 – 7:45 Pair / Dance |
| 6:00 – 6:30 Spins - Int A, Sr A/B | |
| 6:00 – 6:30 Edge Class - Jr | |
| 6:30 – 7:30 Freestyle - Jr | |
| | |
| OFF-ICE | |
| 5:00 – 5:45pm Jump Class - Jr | |
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| 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 Freestyle - Sr A | 3:45 – 4:30 CanSkate |
| Flood | 4:30 – 5:30 Junior Academy |
| 1:45 – 2:30 Freestyle - Sr A | 5:30 – 6:15 CanSkate |
| Flood | 6:15 – 7:00 CanSkate |
| 2:45 – 3:45 Freestyle - Sr A | |
| 3:45 – 4:00 Jump Drills - Sr A/B | |
| Flood | |
| 4:15 – 5:00 Freestyle - Int A, Sr A/B | |
| 5:00 – 6:00 Freestyle - Int B | |
| Flood | |
| 6:15 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 Freestyle - 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 Yoga - Sr A | |
| 5:10 – 6:00 Fitness - Int A | |
| 5:15 – 6:15 Yoga - Sr A/B | |

| Friday | |
|--|----------------------------------|
| TRC-a | TRC-c |
| 12:30 – 1:30pm Freestyle - Sr A | 3:15 – 5:15pm Pair / Dance |
| Flood | 5:15 – 6:00 Freestyle - Int B |
| 1:45 – 2:45 Freestyle - Sr A | 6:00 – 6:15 Stroking - Int B |
| Flood | Flood |
| 3:00 – 3:45 Freestyle - Sr A/B | 6:30 – 7:00 Spins - Int B |
| Flood | 7:00 – 7:45 Freestyle - Int B |
| 4:00 – 5:00 Freestyle - Int A, Sr A/B | |
| Flood | |
| 5:15 – 6:00 Freestyle - Int A, Sr A/B | |
| 6:00 – 6:15 Stroking - Jr, Int A | |
| 6:15 – 7:15 Freestyle - Jr | |
| 7:15 – 7:30 Creative Movement - Jr | |
| | |
| OFF-ICE | |
| 4:45 – 5:45pm Ballet - Jr | |
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| 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 |
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Intermediate A

| Monday | |
|--|---|
| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 3:45 – 4:30pm CanSkate / Adult LTS |
| | 4:30 – 5:30 Junior Academy |
| 12:30 – 1:30pm Freeskate - Sr A | 5:30 – 6:15 CanSkate |
| Flood | 6:15 – 7:00 CanSkate |
| 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 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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-c |
| 1:00 – 2:00pm Freeskate - Sr A | 3:15 – 4:15pm Pair / Dance / Int / Sr |
| Flood | 4:15 – 5:15 Pair / Dance |
| 2:15 – 3:15 Freeskate - Sr A | Flood |
| 3:15 – 3:45 Edge Class - Sr A | 5:30 – 6:15 Freeskate - Int B |
| Flood | 6:15 – 6:45 Edges - Int B |
| 4:00 – 5:00 Freeskate - Int A, Sr A/B | Flood |
| Flood | 7:00 – 7:15 Spins - Int B |
| 5:15 – 6:15 Freeskate - Jr | 7:15 – 8:00 Freeskate - Int B |
| 6:15 – 6:45 Edge Class - Jr | |
| 6:15 – 6:45 Edge Class - Int A, Sr A/B | WEM |
| 6:45 – 7:45 Freeskate - Int A, Sr A/B | 4:15 – 5:00pm CanSkate |
| | 5:00 – 6:00 JumpStart |
| | 6:00 – 6:45 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 | 6:05 – 6:35 Off-ice - JumpStart |
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| Wednesday | |
|--|--|
| TRC-a | TRC-c |
| 1:00 – 2:00pm Freeskate - Sr A | 2:45 – 3:45pm Pair / Dance / Int / Sr |
| Flood | Flood |
| 2:15 – 3:15 Freeskate - Sr A | 4:00 – 5:00 Freeskate - Int B |
| Flood | 5:00 – 5:15 Spins - Int B |
| 3:30 – 4:15 Freeskate - Int A, Sr A/B | 5:15 – 5:30 Stroking - Int B |
| 4:15 – 4:45 Stroking - Int A, Sr A/B | Flood |
| Flood | 5:45 – 6:45 Freeskate - Int B |
| 5:00 – 6:00 Freeskate - Int A, Sr A/B | 6:45 – 7:45 Pair / Dance |
| 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 | |
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| 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 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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 Yoga - Sr A | |
| 5:10 – 6:00 Fitness - Int A | |
| 5:15 – 6:15 Yoga - Sr A/B | |

| Friday | |
|--|----------------------------------|
| TRC-a | TRC-c |
| 12:30 – 1:30pm Freeskate - Sr A | 3:15 – 5:15pm Pair / Dance |
| Flood | 5:15 – 6:00 Freeskate - Int B |
| 1:45 – 2:45 Freeskate - Sr A | 6:00 – 6:15 Stroking - Int B |
| Flood | Flood |
| 3:00 – 3:45 Freeskate - Sr A/B | 6:30 – 7:00 Spins - Int B |
| Flood | 7:00 – 7:45 Freeskate - Int B |
| 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 | |
| 4:45 – 5:45pm Ballet - Jr | |
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| 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 |
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Senior B

| Monday | |
|--|---|
| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 3:45 – 4:30pm CanSkate / Adult LTS |
| | 4:30 – 5:30 |
| 12:30 – 1:30pm Freeskate - Sr A | 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 - Int A, Sr A/B | |
| 5:00 – 6:00 Freeskate - Int B | |
| Flood | |
| 6:15 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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-c |
| 1:00 – 2:00pm Freeskate - Sr A | 3:15 – 4:15pm Pair / Dance / Int / Sr |
| Flood | 4:15 – 5:15 |
| 2:15 – 3:15 Freeskate - Sr A | Pair / Dance Flood |
| 3:15 – 3:45 Edge Class - Sr A | 5:30 – 6:15 Freeskate - Int B |
| Flood | 6:15 – 6:45 Edges - Int B |
| 4:00 – 5:00 Freeskate - Int A, Sr A/B | Flood |
| Flood | 7:00 – 7:15 Spins - Int B |
| 5:15 – 6:15 Freeskate - Jr | 7:15 – 8:00 Freeskate - Int B |
| 6:15 – 6:45 Edge Class - Jr | |
| 6:15 – 6:45 Edge Class - Int A, Sr A/B | WEM |
| 6:45 – 7:45 Freeskate - Int A, Sr A/B | 4:15 – 5:00pm CanSkate |
| | 5:00 – 6:00 JumpStart |
| | 6:00 – 6:45 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 | 6:05 – 6:35 Off-ice - JumpStart |
| | |

| Wednesday | |
|--|--|
| TRC-a | TRC-c |
| 1:00 – 2:00pm Freeskate - Sr A | 2:45 – 3:45pm Pair / Dance / Int / Sr |
| Flood | Flood |
| 2:15 – 3:15 Freeskate - Sr A | 4:00 – 5:00 Freeskate - Int B |
| Flood | 5:00 – 5:15 Spins - Int B |
| 3:30 – 4:15 Freeskate - Int A, Sr A/B | 5:15 – 5:30 Stroking - Int B |
| 4:15 – 4:45 Stroking - Int A, Sr A/B | Flood |
| Flood | 5:45 – 6:45 Freeskate - Int B |
| 5:00 – 6:00 Freeskate - Int A, Sr A/B | 6:45 – 7:45 Pair / Dance |
| 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 | |
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| 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 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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 Yoga - Sr A | |
| 5:10 – 6:00 Fitness - Int A | |
| 5:15 – 6:15 Yoga - Sr A/B | |

| Friday | |
|--|----------------------------------|
| TRC-a | TRC-c |
| 12:30 – 1:30pm Freeskate - Sr A | 3:15 – 5:15pm Pair / Dance |
| Flood | 5:15 – 6:00 Freeskate - Int B |
| 1:45 – 2:45 Freeskate - Sr A | 6:00 – 6:15 Stroking - Int B |
| Flood | Flood |
| 3:00 – 3:45 Freeskate - Sr A/B | 6:30 – 7:00 Spins - Int B |
| Flood | 7:00 – 7:45 Freeskate - Int B |
| 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 | |
| 4:45 – 5:45pm Ballet - Jr | |
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| 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 |
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Senior A

| Monday | |
|--|---|
| WEM | TRC |
| 6:30 – 8:00am Pair / Dance / Int / Sr | 3:45 – 4:30pm CanSkate / Adult LTS |
| | 4:30 – 5:30 |
| 12:30 – 1:30pm Freeskate - Sr A | 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 - Int A, Sr A/B | |
| 5:00 – 6:00 Freeskate - Int B | |
| Flood | |
| 6:15 – 6:30 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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-c |
| 1:00 – 2:00pm Freeskate - Sr A | 3:15 – 4:15pm Pair / Dance / Int / Sr |
| Flood | 4:15 – 5:15 |
| 2:15 – 3:15 Freeskate - Sr A | Pair / Dance |
| 3:15 – 3:45 Edge Class - Sr A | Flood |
| Flood | 5:30 – 6:15 Freeskate - Int B |
| 4:00 – 5:00 Freeskate - Int A, Sr A/B | 6:15 – 6:45 Edges - Int B |
| Flood | Flood |
| 5:15 – 6:15 Freeskate - Jr | 7:00 – 7:15 Spins - Int B |
| 6:15 – 6:45 Edge Class - Jr | 7:15 – 8:00 Freeskate - Int B |
| 6:15 – 6:45 Edge Class - Int A, Sr A/B | |
| 6:45 – 7:45 Freeskate - Int A, Sr A/B | WEM |
| | 4:15 – 5:00pm CanSkate |
| | 5:00 – 6:00 JumpStart |
| | 6:00 – 6:45 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 | 6:05 – 6:35 Off-ice - JumpStart |
| | |

| Wednesday | |
|--|--|
| TRC-a | TRC-c |
| 1:00 – 2:00pm Freeskate - Sr A | 2:45 – 3:45pm Pair / Dance / Int / Sr |
| Flood | Flood |
| 2:15 – 3:15 Freeskate - Sr A | 4:00 – 5:00 Freeskate - Int B |
| Flood | 5:00 – 5:15 Spins - Int B |
| 3:30 – 4:15 Freeskate - Int A, Sr A/B | 5:15 – 5:30 Stroking - Int B |
| 4:15 – 4:45 Stroking - Int A, Sr A/B | Flood |
| Flood | 5:45 – 6:45 Freeskate - Int B |
| 5:00 – 6:00 Freeskate - Int A, Sr A/B | 6:45 – 7:45 Pair / Dance |
| 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 | |
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| 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 Edge Class - Int A/B | |
| 6:30 – 6:45 Spins - Int A/B, Sr A/B | |
| 6:45 – 7:45 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 Yoga - Sr A | |
| 5:10 – 6:00 Fitness - Int A | |
| 5:15 – 6:15 Yoga - Sr A/B | |

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