

Monday/Tuesday/Friday

|             |           |   |
|-------------|-----------|---|
| 8:05-9:00   | Freeskate | B |
| 9:00-9:15   | Stroking  | B |
| Flood       |           |   |
| 9:25-10:40  | Freeskate | A |
| 10:40-10:50 | Stroking  | A |
| Flood       |           |   |
| 11:00-11:55 | Freeskate | B |
| 11:55-12:15 | S/D       | B |
| Flood       |           |   |
| 12:25-1:40  | Freeskate | A |
| 1:40-1:55   | S/D       | A |

Wednesday/Thursday

|             |           |   |
|-------------|-----------|---|
| 8:05-9:00   | Freeskate | B |
| 9:00-9:15   | S/D       | B |
| Flood       |           |   |
| 9:25-10:45  | Freeskate | A |
| Flood       |           |   |
| 10:55-11:55 | Freeskate | B |
| 11:55-12:55 | Freeskate | A |

**Off-ice**

|   |             |
|---|-------------|
| B | 9:50-10:40  |
| A | 11:10-12:00 |

**Off-ice**

|   |            |
|---|------------|
| B | 9:50-10:30 |
| A | 11-11:40   |

Monday/Tuesday -Roy

Wednesday- Dance -Ruth

Thursday - Yoga - Sara

Friday - Cirque