| rigore oxaming certe | dule By Program (On-Ice & O | | | | | _ |
|---|--|---|--|---|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | | 7:45am-8:35am Ice |
| | | | | | | 8:45am-9:35am Ice |
| DANICE | | | | | | 9:45am-10:35am Dance |
| DANCE | | | | | | 10:45am-11:35am Dano |
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| | 3:15pm-3:35 Stroking | 3:15pm-3:35 Stroking | 3:15pm-3:35 Stroking | 3:15pm-3:35 Stroking | 3:15pm-4:05pm Ice | |
| | 3:35pm-4:20pm Ice | 3:35pm-4:20pm Ice | 3:35pm-4:20pm Ice | 3:35pm-4:20pm Ice | 4:15pm-5:00pm Ice | |
| | 4:30pm-5:20pm Ice 5:30pm-6:15pm Fitness | 4:30pm-5:20pm Ice | 4:30pm-5:20pm Ice 5:30pm-6:00pm TRR | 4:30pm-5:20pm Ice | 5:00pmpm-5:20pm Stroking | |
| COMPETITIVE | 6:20pm-6:50pm TRR | 5:30pm-6:00pm TRR 6:05pm-6:50pm Dance | 6:05pm-6:45pm Cardio | 5:30pm-6:15pm Fitness 6:20pm-6:50pm TRR | 5:30pm-6:00pm TRR 6:05pm-6:50pm Ballet/Stretch | |
| SINGLES | 6.20pm-6.30pm rkk | 6.03pm-6.30pm Dance | 8.03pm-6.43pm Cardio | 6.20pm-6.30pm rkk | 8.03pm-6.30pm Ballet/3ffetch | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 4:40pm -5:10pm TRR | 6:00pm-6:45pm Fitness | 4:40pm -5:10pm TRR | 5:35pm -6:20pm TRR | 4:35pm Ballet/Stretch | 5:35pm-6:15pm Fitness |
| | 5:20pm-5:35pm Stroking | 6:50pm-7:10pm Stretch | 5:20pm-6:05pm Ice | 6:30pm-6:45pm Stroking | 5:30pm-6:15pm Ice | 6:25pm-7:10pm Ice |
| | 5:35pm -6:20pm Ice | 7:20pm -7:35pm Stroking | 6:05pm-6:20pm Stroking | 6:45pm-7:30pm Ice | 6:30pm-7:15pm Fitness | 7:10pm-7:25pm Stroking |
| COMPETITIVE | 6:30pm-7:15pm Fitness | 7:35pm -8:20pm Ice | 6:30pm -7:15pm Dance | 7:40pm-8:25pm Fitness | 7:25pm-8:10pm Ice | |
| DEVELOPMENT | 7:40pm-8:25pm Ice | | 7:40pm-8:25pm Ice | | 8:10pm-8:25pm Stroking | |
| SINGLES | | | | | | |
| | Monday | | Wednesday | | Friday | Saturday |
| | 5:35pm-6:20pm TRR | | 5:35pm-6:20pm Dance/Stretch | | 4:45pm -5:15pm TRR | 3:40pm-4:20pm Fitness |
| | 6:30pm-6:45pm Stroking | | 6:30pm-6:45pm Stroking | | 5:20pm-6:05pm Ballet and Stretch | |
| | 6:45pm-7:30pm Ice | | 6:45pm-7:30pm Ice | | 6:15pm-6:30pm Stroking | 4:30pm-5:15pm Ice |
| INTRO STAR 1-5 | 7:40pm-8:10pm Fitness | | 7:40pm-8:10pm TRR | | 6:30pm-7:15pm Ice | 5:15pm-5:30pm Stroking |
| (Under 12) | | | | | | |
| (0.146. 12) | | | | | Saturday | Sunday |
| | | | | | 4:25pm-5:05pm Fitness | 8:00am-8:40am Fitness |
| INTRO CTAR 1 5 | | | | | 5:15pm -5:30pm Stroking | 6.00am-6.40am Fitness |
| INTRO STAR 1-5 (Over12) | | | | | 5:30pm-6:15pm Ice | 8:50am-9:35am Ice |
| (076/12) | A4 d | Turnston | Wada ada | Thursday | 3.30pm-8.13pm/ce | 8.30din=7.33din ice |
| | Monday 7:45pm-8:15pm Fitness | 7:25pm -8:20pm Dance | Wednesday 7:30pm-8:15pm | 7:45pm-8:15pm TRR | | |
| | 8:25pm-9:10pm Ice | 8:30pm -8:45pm Stroking | 8:25pm-9:10pm Ice | 8:25pm-9:10pm Ice | | |
| STAR 6-GOLD | 9:10pm-9:25pm Stroking | 8:45pm-9:30pm Ice | 9:10pm-9:25pm Stroking | 9:10pm-9:25pm Stroking | | |
| SIAR 6-GOLD | Monday | | Wednesday | Thursday | | |
| | 8:15pm-8:45pm Fitness | Tuesday | 8:30pm-9:15pm Dance | 8:25pm-8:55pm Fitness | | |
| | 8:50pm-9:10pm TRR | | 9:35pm-10:20pm Ice | 9:00pm-9:20pm TRR | | |
| | 9:35pm-10:20pm Ice | | 10:20pm-10:35pm Stroking | 9:35pm-10:20pm Ice | | |
| STAR 16+ | 10:20pm-10:35pm Stroking | | 10.20pm 10.00pm on okang | 10:20pm-10:35pm Stroking | | |
| | | Tuesday | | Thursday | | |
| | | loesday | | morsday | | |
| | | 5:20nm -6:05nm Dance | | 4:40nm-5:10nm TRR | | |
| | | 5:20pm -6:05pm Dance | | 4:40pm-5:10pm TRR 5:20pm -6:20pm Ice | | |
| | | 6:20pm-7:20pm Ice | | 5:20pm -6:20pm Ice | | |
| SR. AÇADEMY | | | | | | |
| SR. ACADEMY | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | Saturday | |
| SR. ACADEMY | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | Saturday 12:55pm-1:35pm Fitness | |
| | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday 4:35pm-5:10pm Fitness | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | 12:55pm-1:35pm Fitness | |
| ADVANCED JR | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | | |
| | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday 4:35pm-5:10pm Fitness 5:20pm-6:10pm Ice | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | 12:55pm-1:35pm Fitness 1:45pm-2:30pm Ice | |
| ADVANCED JR ACADEMY Tuesday | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday 4:35pm-5:10pm Fitness 5:20pm-6:10pm Ice | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | 12:55pm-1:35pm Fitness 1:45pm-2:30pm Ice | |
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| ADVANCED JR ACADEMY Tuesday & Saturday (9 & | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday 4:35pm-5:10pm Fitness 5:20pm-6:10pm Ice | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | 12:55pm-1:35pm Fitness 1:45pm-2:30pm Ice 2:40pm-3:30pm Ice | Sunday 8:05am-8:50am Ice |
| ADVANCED JR ACADEMY Tuesday & Saturday (9 & | | 6:20pm-7:20pm Ice 7:30pm-8:00pm TRR Tuesday 4:35pm-5:10pm Fitness 5:20pm-6:10pm Ice | | 5:20pm -6:20pm Ice 6:30pm-7:15pm Fitness | 12:55pm-1:35pm Fitness 1:45pm-2:30pm Ice 2:40pm-3:30pm Ice Saturday 1:45pm-2:30pm Ice 2:40pm-3:20pm Fitness | 8:05am-8:50am Ice 9:00am-9:35am Fitness |
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