

Monday to Thursday - ON ICE	
9:00-9:45	D2
9:45-10:00	D2/D3 Spins
10:00-10:45	D3
10:45-11:00	Flood
11:00-11:45	D1/D2
11:45-12:00	D1/D2 Stroking
12:00-12:45	D3
12:45-1:00	D3 Stroking

Monday to Thursday - OFF ICE	
9:15-9:35	D3 Skipping (M/W) D3 Stretching (T/Th)
10:10-10:30	D2 Skipping (M/W) D2 Stretching (T/Th)
11:00-11:45	D3 Off Ice
12:15-1:00	D1/D2 Off Ice

Monday to Thursday -BREAKS	
10:00-10:10	D2 Breaks
10:30-11:00	
12:00-12:15	D1/D2 Break
9:35-9:45	D3 Breaks
10:45-11:00	
11:45-12:00	

Friday - ON ICE	
9:00-9:15	Stroking
9:15-10:45	D2/D3
10:45-11:00	Spins

Friday OFF ICE	
11:15-12:00	D2/D3 Off Ice