

| D1/D2 Mon-Thurs Schedule | |
|---------------------------------|----------------------------|
| 9:00-9:45 | Freeskate (D2) |
| 9:45-10:00 | Spins |
| 10:00-10:10 | Skates Off |
| 10:10-10:30 | Skipping/Stretching |
| 10:30-11:00 | Break |
| 11:00-11:45 | Freeskate (D1/2) |
| 11:45-12:00 | Stroking |
| 12:00-12:15 | Skates Off |
| 12:15-1:00 | Off Ice |

| Tuesday Evenings | |
|-------------------------|---------------------------|
| 6:00-6:15 | E1/E2/E3 Stroking |
| 6:15-8:00 | E1/E2/E3 Freeskate |

| Thursday Evenings | |
|--------------------------|------------------------|
| 5:15-5:30 | E1/E2 Stroking |
| 5:30-6:45 | E1/E2 Freeskate |
| 6:45-7:00 | Flood |
| 7:00-8:15 | E3 Freeskate |
| 8:15-8:30 | E3 Stroking |

| D3 Mon-Thurs Schedule | |
|------------------------------|----------------------------|
| 9:15-9:35 | Skipping/Stretching |
| 9:45-10:00 | Spins |
| 10:00-10:45 | Freeskate |
| 10:45-11:00 | Skates Off |
| 11:00-11:45 | Off Ice |
| 11:45-12:00 | Break |
| 12:00-12:45 | Freeskate |
| 12:45-1:00 | Stroking |

| D2/D3 Friday Schedule | |
|------------------------------|------------------|
| 9:00-9:15 | Stroking |
| 9:15-10:45 | Freeskate |
| 10:45-11:00 | Spins |
| 11:15 - 12:00 | Off Ice |