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MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				
ARENA A	UPPER LOBBY	DR 1	ARENA B	ARENA A	UPPER LOBBY	DR 1 STUDIO	ARENA B	ARENA A	UPPER LOBBY	DR 1 STUDIO	ARENA B	ARENA A	UPPER LOBBY	DR 1 STUDIO	ARENA B	ARENA A	UPPER LOBBY	DR 1 STUDIO	ARENA A	UPPER LOBBY	DR 1 STUDIO	ARENA B	ARENA A	UPPER LOBBY	UPPER LOBBY	DR 1 STUDIO	ARENA B	
FLOOD - 620 AM				FLOOD - 620 AM			FLOOD - 605 AM	FLOOD - 620 AM				FLOOD - 620 AM				FLOOD - 620 AM			FLOOD - 650 AM			FLOOD - 705 AM	GOLD ICE ELEM / O12 7:00 - 7:50 AM				FLOOD - 705 AM	
ICE DANCE 630 - 8:00 AM				ICE DANCE 630 - 8:00 AM			COMP STROKING 6:15 - 7:05 AM	OPEN 630 - 8:00 AM				ICE DANCE 630 - 8:00 AM				ICE DANCE 630 - 8:00 AM			GOLD ICE PRE-NOVICE 7:00 - 8:40 AM	STAR 1 - 3 JUMP & FITNESS 8:15 - 9:05 AM		GOLD ICE BEGINNER 7:25 - 8:15 AM	FLOOD - 750 AM	GI ELEM/O12 OFFICE 8:00 - 8:30 AM		ICE DANCE 7:15 - 8:35 AM		
ICE DANCE 8:00 - 9:00 AM				ICE DANCE 8:00 - 9:00 AM			SCBC TICKET ICE 7:05 - 8:05 AM					ICE DANCE 8:00 - 9:00 AM				ICE DANCE 8:00 - 9:00 AM			GOLD ICE PRE-JUVENILE 8:15 - 9:05 AM			GOLD ICE INTERMEDIATE 8:00 - 9:50 AM				ICE DANCE 8:45 - 10:05 AM		
							FLOOD - 820 AM	FLOOD - 800 AM											GOLD ICE JUVENILE 8:50 - 10:30 AM	GOLD ICE PRE-NOV OFF-ICE 8:50 - 9:35 AM		FLOOD - 905 AM 9:15 - 10:15 AM	FLOOD - 950 AM			FLOOD - 1005 AM		
FLOOD - 920 AM				FLOOD - 920 AM								FLOOD - 920 AM				FLOOD - 920 AM						2x 15min groups	ICE DANCE 10:00 - 10:50 AM	GOLD ICE INT OFF-ICE 10:00 - 11:00 AM	GI PJ OFF-ICE 10:15 - 10:45 AM	GOLD ICE NOV FLEXIBILITY 10:15 - 11:00 AM		
COMPETITIVE SESSION 1:20 - 2:50 PM				COMPETITIVE SESSION 1:20 - 2:50 PM								COMPETITIVE SESSION 1:20 - 2:50 PM				COMPETITIVE SESSION 1:20 - 2:50 PM			GOLD ICE INT FITNESS 9:25 - 10:25 AM			FLOOD - 1015AM	FLOOD - 1050 AM	GOLD ICE NOV OFF-ICE 11:00 - 11:45 AM		ICE DANCE FLEXIBILITY 11:00 - 12:00 PM		
FLOOD - 2:50PM				FLOOD - 2:50PM								FLOOD - 2:50PM				FLOOD - 2:50PM			GOLD ICE JUV FITNESS 10:40 - 11:25 AM	GOLD ICE NOV OFF-ICE 10:30 - 11:15 AM		CANSKATE + PCS 10:25 - 11:15am	FLOOD - 11:50 AM			GOLD ICE JR FLEXIBILITY 12:00 - 12:45 PM		
SCBC TICKET ICE 3:00 - 3:50 PM				SCBC TICKET ICE 3:00 - 3:50 PM								SCBC TICKET ICE 3:00 - 3:50 PM				SCBC TICKET ICE 3:00 - 3:50 PM			GOLD ICE NOV FITNESS 11:25 - 12:05PM	GOLD ICE JUNIOR OFF-ICE 11:15 - 12:00 PM		CANSKATE + PCS 11:15 - 12:05pm						
FLOOD - 3:50PM				FLOOD - 3:50 PM			FLOOD - 4:05 PM	FLOOD - 3:50PM				FLOOD - 3:50PM				FLOOD - 3:50PM			FLOOD - 1230 PM	GOLD ICE JUNIOR FITNESS 12:15 - 1:15PM		GOLD ICE NOVICE 12:15 - 2:05 PM	FLOOD - 1:50 PM					
PROVINCIAL 4:00 - 5:00 PM	COMP JUMP 4:00 - 4:30 PM			PRE-COMP 4:00 - 5:00 PM	COMP JUMP 4:00 - 4:30 PM		PROVINCIAL 4:15 - 5:15 PM	PROVINCIAL 4:05 - 5:20 PM "Extended session"				PROVINCIAL 4:00 - 5:00 PM	COMP JUMP 4:00 - 4:30 PM			STAR 4/5 4:15 - 5:15 PM	PROVINCIAL JUMP 4:25 - 4:35 PM	COMPETITIVE BALLET 4:00 - 5:00 PM										
1x 15min group	COMP PROGRAMS FITNESS 4:30 - 5:15 PM			STAR 4/5 5:00 - 6:00 PM	COMP PROGRAMS FITNESS 4:30 - 5:15 PM	STAR 2/3 JUMP 4:40 - 5:05 PM	STAR 2/3 5:15 - 6:15 PM	1x 15min group				PRE-COMP 5:00 - 6:00 PM	COMP PROGRAMS FITNESS 4:30 - 5:15 PM			1x 15min group												
STAR 1 5:00 - 5:50 PM	PROVINCIAL JUMP & FITNESS 5:15 - 6:10 PM	COMP FLEX 5:15 - 5:45 PM		1x 15min group	PRE-COMP/PROV JUMP & FITNESS 5:25 - 6:25 PM		2x 15min groups	STAR 4/5 5:20 - 6:20 PM				PROVINCIAL JUMP & FITNESS 5:15 - 6:10 PM	STAR 2/3 JUMP & FITNESS 5:25 - 6:15 PM	STAR 4/5 JUMP & FITNESS 5:25 - 6:25 PM	2x 15min groups	1x 15min group		STAR 2/3 JUMP & FITNESS 5:25 - 6:15 PM	PRE-COMPETITIVE BALLET & FLEX 5:15 - 6:15 PM									
FLOOD - 5:50 PM		STAR 2 - 5 FLEX 5:45 - 6:30 PM "REG REQUIRED"		FLOOD - 6:00 PM		STAR 4/5 JUMP 6:10 - 6:40 PM	FLOOD - 6:15 PM	FLOOD - 6:20 PM				FLOOD - 6:00 PM				FLOOD - 6:15 PM			FLOOD - 620 PM									
CANSKATE 6:00 - 6:50 PM	STAR 1 JUMP & FITNESS 6:10 - 7:00 PM	PROVINCIAL: FLEX 6:35 - 7:20 PM "REG REQUIRED"		STAR 1 6:10 - 7:00 PM	STAR 2 - 5 FITNESS 6:40 - 7:05 PM		CANSKATE 6:25 - 7:15 PM	STAR 1 - 3 6:30 - 7:30 PM	STAR 4/5 JUMP & FITNESS 6:30 - 7:30 PM	GOLD ICE JUV OFF-ICE 6:30 - 7:00 PM		STAR 1 6:10 - 7:00 PM	PRE-COMP JUMP & FITNESS 6:10 - 7:10 PM	STAR 2/3 JUMP & FITNESS 6:25 - 6:50 PM	2x 15min groups	STAR 2/3 7:00 - 8:00 PM			PROVINCIAL BALLET 6:30 - 7:30 PM "REG REQUIRED"									
2x 15min groups				STAR 4/5 7:00 -																								

WEDNESDAY		
JIM ARCHDEKIN REC CENTER	CAA CENTRE - SPECTATOR	
	COMP STROKING 1:15 - 2:00 PM	
FLOOD - 5:50 PM		
CANISKATE 6:00 - 8:50pm <i>(Fall & Winter Sessions)</i>		
FLOOD - 6:50 PM	COMPETITIVE 2:00 - 3:50 PM	
STAR 2/3 7:00 - 8:00pm <i>(APR - JUN @ Castle 7:15 - 8:15 PM)</i>		
FLOOD		
OPEN 8:00 - 8:50pm <i>(APR - JUN @ Castle 8:15-8:05 PM)</i>	ICE DANCE 4:00 - 5:50 PM	COMPETITIVE BALLET & FLEX 4:15 - 5:30 PM
FLOOD - 8:50 PM		
	FLOOD	
		ICE DANCE BALLET & FLEX 6:00 - 7:50 PM