

Tilbury Arena

Monday Arena														
MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
TIME	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	TIME			
8:00		Competitive Freeskate		8:15 - 9:15 am Competitive Freeskate		8:15 - 9:15 am Competitive Freeskate		9:00 - 10:00 am Intermediate Off-Ice Technical Jump		8:15 - 9:15 am Competitive Freeskate	8:00			
8:15	8:15 - 9:15 am													8:15
8:30														8:30
8:45														8:45
9:00														9:00
9:15	FLOOD													9:15
9:30	9:30 - 10:30 am													9:30
9:45	Senior Freeskate													9:45
10:00			10:00 - 11:00 am Intermediate Off-Ice		10:00 - 11:00 am Senior Freeskate		10:00 - 11:00 am Intermediate Off-Ice		10:00 - 11:00 am Senior Freeskate					10:00
10:15														10:15
10:30	10:30 - 11:00 am								10:30					
10:45	Senior Enrichment	Performance Class		Cardio Class	Senior Enrichment				10:45					
11:00	FLOOD		FLOOD		FLOOD				11:00					
11:15	11:15am - 12:15pm	11:15 - 12:15 pm	11:15 - 11:45 am Int. Enrichment	11:15 - 12:15 pm Senior Off-Ice	11:15am - 12:15pm Intermediate Freeskate	11:15 - 12:15 pm Senior Off-Ice	11:15-11:30 Int. Spin		11:15					
11:30	Intermediate Freeskate	Senior Off-Ice	11:45 - 12:45 pm Intermediate Freeskate	Cardio Class		Flexibility	FLOOD		11:30					
11:45		Performance Class					11:45 - 12:45 pm Open Session	11:45 - 12:45 pm Junior Off-Ice	11:45					
12:00									12:00					
12:15	12:15 - 12:45 pm				12:15 - 12:45 pm Int. Enrichment				12:15					
12:30	Int. Enrichment								12:30					
12:45	FLOOD								12:45					
1:00	1:00 - 2:00 pm								1:00					
1:15	Open Session					1:00 - 2:00 pm Junior Freeskate	1:00 - 2:00 pm Intermediate Off-Ice	1:00 - 2:00 PM Junior Freeskate Junior	1:15 - 2:15 pm Junior Off-Ice Conditioning Games	1:15				
1:30							Strength & Power			1:30				
1:45										1:45				
2:00	FLOOD					2:00 - 2:30 pm Junior Enrichment		2:00-2:15 Jr. Spin		2:00				
2:15	2:15 - 3:15 pm							2:15 - 3:00 pm ACADEMY		2:15				
2:30	Junior Freeskate			2:45 - 3:45 pm Junior Enrichment	2:45 - 3:30 pm ACADEMY OFF-ICE	2:45 - 3:30 pm ACADEMY	2:45 - 3:45 pm Junior Off-Ice	2:00 - 3:00 pm Senior Off-Ice		2:30				
2:45			2:45 - 3:45 pm Junior Freeskate					2:45						
3:00							FLOOD	3:00						
3:15	3:15 - 3:45 pm						3:15 - 4:15 pm Senior Freeskate	3:15						
3:30	Junior Enrichment					Balance & Stability		3:30						
3:45			3:45 - 4:30 pm ACADEMY			3:45 - 4:30 pm ACADEMY OFF-ICE		3:45						
4:00		4:00 - 5:00 pm Junior Off-Ice		4:00 - 5:00 pm Junior Off-Ice			4:15 - 4:30 Sr. Spin	4:00						
4:15								4:15						
4:30		Performance Class	FLOOD				FLOOD	4:30						
4:45			4:45 - 5:30 CANSKATE				4:45 - 5:30 pm CANSKATE	4:45						
5:00								5:00						
5:15								5:15						
5:30			5:30 - 6:15 pm CANSKATE				5:30 - 6:15 pm CANSKATE	5:30						
5:45								5:45						
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