

Revised July 20th to August 7 (Monday to Thursday)

	On Ice	Group A	Group B	Group C	Academy	STAR GROUP	Pairs
11:30	Group A	Group A					
11:45	Group A	Group A					
12:00	Group A	Group A					
12:15	SPINS	SPINS					
12:30	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
12:45	Group A	Group A					
1:00	Group A	Group A					
1:15	Group A	Group A					
1:30	Stroking	Stroking					
1:45	Stroking	Stroking					
2:00	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
2:15	Pairs	Off-ice					Pairs
2:30	Pairs	Off-ice					Pairs
2:45	Pairs						Pairs
3:00	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
3:15	Group B		Group B				
3:30	Group B		Group B				
3:45	Group B		Group B				
4:00	Spins		Spins				
4:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
4:30	Stroking		Stroking	Off-ice	Off-ice	Off-ice	Lifts-off-ice
4:45	Stroking		Stroking	Off-ice	Off-ice	Off-ice	Off-ice
5:00	Group B		Group B				
5:15	Group B		Group B	Group C	Academy	STAR Group	
5:30	Group B		Group B	Group C	Academy	STAR Group	
5:45			Off-ice	Group C	Academy	STAR Group	
6:00	CanSkate		Off-ice	Stroking			
6:15	CanSkate			Stroking			
6:30	End of day			End of day			

Friday	Group A	Group B	Group C
9:00	Simulations		
9:15	Simulations		
9:30	Group A		
9:45	Group A		
10:00	Group A		
10:15	Group A		
10:30	FLOOD		
10:45		Simulations	
11:00		Simulations	
11:15		Group B	Group C
11:30		Group B	Group C
11:45		Group B	Group C
12:00		Group B	Group C