



SPRING 2023 DAILY Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4:00 - 5:30 BRONZE	4:00 -5:50 GOLD	5:05 - 6:25 High SILVER / GOLD	OPEN 4:05-6:00	4:05 - 5:30 GOLD	12:05 - 1:20 SILVER
4:00-4:15 BRONZE Skills	4:00-4:15 GOLD Stoking	5:05 - 5:15 Warm Up / Turns/ Edges	4:05 - 5:05 OPEN Free	4:05 - 4:15 Warm Up / Turns/ Edge	12:05 - 12:15 Warm up / Edges/ Turns
4:15- 5:00 BRONZE Free	4:15-5:20 GOLD Free	5:15-6:15 Free	5:-05-5:25 OPEN Skills / Dance	4:15 - 5:00 GOLD Free	12:15 - 1:00 SILVER Free
5:00-5:15 BRONZE Dance	5:20-5:40 GOLD Skills/ Dance	6:15 - 6:25 Dance	FLOOD	5:00-5:15 GOLD Spin	1:00 - 1:10 SILVER Spin
5:15-5:30 Star 1-5 GROUP COACH	FLOOD	FLOOD	5:35-6:10 TEEN / JR ACADEMY	5:15 - 5:30 GOLD Dance	1:10 - 1:20 SILVER Dance
5:30-7:20 SILVER	5:50-7:00 JR ACADEMY	6:35 - 7:55 BRONZE/ SILVER	6:10-6:55 JR A / CanSkate# 1	FLOOD	FLOOD
5:30-5:40 SILVER Dance	6:50-8:20 SILVER	6:35 - 6:45 Warm Up / Turns /edges		5:40 - 6:55 BRONZE	1:30-2:50 GOLD
5:40 - 5:50 SILVER Skills	6:50 - 7:05 SILVER Skills	6:45 - 7:45 Free		5:40 - 5:55 BRONZE Skills	1:30- 1:40 Warm up / Edges/ Turns
FLOOD	(1st 10min turns in isolation 1/2 ice)	7:45 - 7:55 Dance		5:55 - 6:40 BRONZE Free	1:40 - 2:30 GOLD Free
6:00 - 6:45 SILVER Free	7:05 - 7:20 SILVER Dance			6:40 - 6:55 BRONZE Dance	2:30-2:40 GOLD Spin
6:45-8:20 GOLD	FLOOD				2:40-2:50 GOLD Dance
6:45 - 7:00 SILVER / GOLD Spin	7:30-8:20 SILVER Free				FLOOD
7:00-7:20 Star 5 + GROUP COACH					3:00 - 4:45 CanSkate / PreCan
FLOOD					FLOOD
7:30-8:20 GOLD Free					4:55-5:40 CanSkate #3
Monday OFF ICE	Tuesday OFF ICE	Wednesday OFF ICE	Thursday OFF ICE	Friday OFF ICE	5:40- 6:55 BRONZE
NO OFF ICE	5:00 -5:35 Jr Academy BASICS	5:30 - 6:15 BRONZE / SILVER	5:30-6:00 OPEN	5:00 - 5:30 BRONZE	5:40 - 5:55 Warm up / Edges/ Turns
	6:00 - 6:35 SILVER	OFF ICE JUMP	MIXED	CONDITIONING Amanda Franz	5:55-6:40 BRONZE FREE
	DANCE- Yana Anishchenkova	6:30 - 7:35 High SILVER / GOLD		5:40 - 6:40 GOLD	6:40-6:55 BRONZE Skills / Dance
	6:35-7:35 GOLD DANCE - Yana	PILATES Jana MacGregor		CONDITIONING Amanda Franz	
	DANCE- Yana Anishchenkova				Sunday OFF ICE
					12:30-1:15 GOLD
					SPECIALTY CLASSES - TBA
					1:40-2:40 SILVER
					SPECIALTY CLASSES - TBA
					5:00-5:30 BRONZE
					WARM UP / JUMP

As of March 30, 2023