

Monday			Tuesday		Wednesday		Thursday		Saturday		
			7:10-8:10am Morning Training (Coach Invitation Only)						7:00	7:00-8:00am	
									7:15	Junior	
									7:30	7:30-8:30am	
									7:45	Intermediate	
									8:00		
									8:15		
									8:30	Flood	
									8:45	8:45-9:25	
									9:00	Canskate A	
									9:15		
3:30	3:30-5:00	3:30-4:30	3:30-4:30		3:30-4:30		3:30-4:30	3:30-4:30	9:30	9:25:10:05	
3:45	Senior	Int-Plus A	Synchro		Junior		Junior	Intermediate	9:45	CanSkate B	
4:00									10:00		
4:15						4:15-5:15			10:05	Flood	
4:30			4:30-6:00	4:30-5:15		Intermediate	Flood		10:15	10:15-12:00	10:15-11:00
4:45			Synchro	Intermediate			4:45-5:25		10:30	Senior	Int-Plus D
5:00							Canskate A		10:45		
5:15					Flood				11:00		
5:30					5:30-7:00	5:30-6:15	5:30-6:10		11:15		
5:45					Senior	Int-Plus B	CanSkate B		11:30		
6:00									11:45		
6:15							Flood				
6:30											
6:45											
7:00											
7:15											
7:30											
7:45											