

January 5th - March 13th 2026

Time	Monday		Tuesday	Wednesday		Thursday	Friday	
3:30 - 3:45	Star 1	Star 2-3	Star 2-3	Star 1 - Star 3		Star 2-3	Star 1 - Star 3	
3:45 - 4:00	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30		3:30 - 4:30	3:30 - 4:30	
4:00 - 4:15	Group			Group			Group	
4:15 - 4:30								
4:30 - 4:45	Star 4 - Gold		Star 2 - Gold	Star 4 - Gold	TeenSkate	Star 2 - Gold	Star 4 - Gold	TeenSkate
4:45 - 5:00	4:30 - 5:00 Group		4:30 - 5:00 Group	4:30 - 5:30	Group 4:30 - 5:30	4:30 - 5:00 Group	4:30 - 5:30	Group 4:30 - 5:30
5:00 - 5:15	Star 4 - Gold		Star 4 - Gold			Star 4 - Gold		
5:15 - 5:30	5:00 - 5:45		5:00 - 6:15			5:00 - 6:15		
5:30 - 5:45				Canskate &				
5:45 - 6:00	Canskate &			Pre - Figure	Tots			
6:00 - 6:15	Pre - Figure	Tots		5:30 - 6:15	5:45 - 6:15			
6:15 - 6:30	5:45 - 6:30	6:00 - 6:30						
Dryland Training Times	Star 1 4:40 - 5:20		Star 2 & 3 5:10 - 5:50	Star 2 & 3 4:40 - 5:20		Star 3 - Gold 6:25 - 7:05	Star 4 - Gold & Teens 5:40 - 6:20	
			Star 4 - Gold 6:25 - 7:05					