

6:15 – 8:30am	Breakfast	All Skaters		
6:45 – 7:50am	Freestyle	(Optional)		
		All Skaters in Groups for rotation		
8:00 – 8:50am	Session # 1	Yellow	Orange	Red
9:00 – 9:50am	Session # 2	Red	Yellow	Orange
10:00 – 10:50am	Session # 3	Orange	Red	Yellow
11:15 – 12:00pm	Presentation	All Skaters - Off Ice		
12:00 – 12:40pm	Lunch	All Skaters		
		All Skaters in Groups for rotation		
1:00 – 1:50pm	Session # 4	Yellow	Orange	Red
2:00 – 2:50pm	Session # 5	Red	Yellow	Orange
3:00 – 3:50pm	Session # 6	Orange	Red	Yellow
4:00 – 6:00pm	Freestyle	(Optional)		
5:30 – 6:30pm	Dinner	All Skaters		
6:45 – 7:30pm	Presentation	All Skaters - Off Ice		

Tuesday, Wednesday & Thursday

Yellow

7:30 - 8:30am	Breakfast
8:45 - 9:35am	Ballet
10:00 - 10:45am	Off-Ice Tech
11:00 - 11:30am	Lunch
11:40 - 12:00pm	Warm-up
12:10 - 12:30pm	Edge
12:30 - 1:15pm	FS
1:30 - 2:20pm	Strength
2:20 - 2:50pm	Stretch
3:00 - 3:30pm	Rest/Snack
3:30 - 3:45pm	Warm-up
3:55 - 4:40pm	FS
4:40 - 5:00pm	Power
5:30 - 6:30pm	Dinner
5:10 - 6:10pm	Opt. FS

Orange

6:15am	Breakfast
6:40 - 7:40am	Opt. FS
6:50 - 7:10am	Breakfast
7:20 - 7:40am	Warm-up
7:50 - 8:10am	Edge
8:10 - 8:55am	FS
9:40 - 10:30am	Ballet
11:15 - 12:00pm	FS
12:15 - 12:45pm	Lunch
12:55 - 1:15pm	Warm-up
1:25 - 2:10pm	FS
2:10 - 2:30pm	Power
3:00 - 3:50pm	Strength
4:00 - 4:30pm	Stretch
4:30 - 5:30pm	Rest
5:30 - 6:30pm	Dinner
5:10 - 6:10pm	Opt. FS

Red

6:15am	Breakfast
6:40 - 7:40am	Opt. FS
7:00 - 7:45am	Breakfast
7:50 - 8:40am	Ballet
9:05 - 9:25am	Edge
9:25 - 10:10am	FS
10:20 - 11:05am	FS
11:30 - 12:15pm	Lunch
12:15 - 1:30pm	Rest
2:10 - 2:30pm	Warm-up
2:40 - 3:25pm	FS
3:25 - 3:45pm	Power
4:10 - 5:00pm	Strength
5:00 - 5:30pm	Stretch
5:30 - 6:30pm	Dinner

Friday

Yellow

7:30 - 8:30am	Breakfast
8:45 - 9:35am	Ballet
10:00 - 10:45am	Off-Ice Tech
11:00 - 11:30am	Lunch
11:40 - 12:00pm	Warm-up
12:10 - 12:30pm	Edge
12:30 - 1:15pm	FS
1:30 - 2:15pm	Tour
2:15 - 2:45pm	Rest/Snack
2:45 - 3:05pm	Warm-up
3:15 - 4:00pm	FS
4:15 - 7:00pm	Exhibition
5:30 - 6:30pm	Dinner

Orange

6:15am	Breakfast
6:40 - 7:40am	Opt. FS
6:50 - 7:30am	Breakfast
7:20 - 7:40am	Warm-up
7:50 - 8:10am	Edge
8:10 - 8:55am	FS
9:40 - 10:30am	Ballet
11:15 - 12:00pm	FS
12:15 - 12:45pm	Lunch
12:55 - 1:15pm	Warm-up
1:25 - 2:10pm	FS
2:30 - 3:15pm	Tour
3:15 - 4:15pm	Rest
4:15 - 7:00pm	Exhibition
5:30 - 6:30pm	Dinner

Red

6:15am	Breakfast
6:40 - 7:40am	Opt. FS
7:00 - 7:45am	Breakfast
7:50 - 8:40am	Ballet
9:05 - 9:25am	Edge
9:25 - 10:10am	FS
10:20 - 11:05am	FS
11:30 - 12:15pm	Lunch
12:15 - 1:30pm	Rest/Tour
1:45 - 2:10pm	Warm-up
2:20 - 3:05pm	FS
3:30 - 4:15pm	Tour
4:15pm	Rest
4:15 - 7:00pm	Exhibition
5:30 - 6:30pm	Dinner