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| **Group 1** |  | **Monday** |  |
| 7:00 - 8:00am | 60 | Optional FS | Old |
| 8:10 - 8:50am | 40 | Edge | Old |
| 9:05 - 9:45am | 40 | J & S On | New |
| 10:10 - 10:50am | 40 | J & S Off | Weight Room |
| 11:00 - 11:40am | 40 | Stretch / Yoga | Gym |
| 11:50 - 12:30am | 40 | Lunch | D-Hall |
| 12:40 - 1:50pm | 70 | Presentation | TBD |
| 2:00 - 3:30pm |  | Break |  |
| 3:30 - 4:10pm | 40 | FS | Old |
| 4:10 - 5:10pm | 60 | Optional FS | Old |

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| **Group 1 / Old** |  | **Tue, Wed, Th** |
| 7:00 - 8:00 am | 60 | Optional FS |
| 8:00 - 8:10 am | 10 | Ice Cut |
| 8:10 - 8:50am | 40 | Choreo Class |
| 8:50 - 9:30am | 40 | FS |
| 9:30 - 9:40 am | 10 | Ice Cut |
| 9:40 - 10:00 am | 20 | Edge Class |
| 10:00 - 10:40 am | 40 | FS |
| 10:40 - 11:10 am | 30 | Break |
| 11:10 - 11:50 am | 40 | Jump / Strength |
| 12:00 - 12:40pm | 40 | Lunch |
| 12:40 - 1:20pm | 40 | Break |
| 1:30 - 2:10pm | 40 | Yoga / Dance |
| 2:30 - 3:10pm | 30 | J&S Tech |
| 3:10 - 3:50pm | 40 | FS |
| 5:30 - 6:30pm | 60 | Optional FS |

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| **Group 1 / Old** |  | **Friday** |
| 7:00 - 8:00 am | 60 | Optional FS |
| 8:10 - 8:20am | 10 | Ice Cut |
| 8:20 - 8:40am | 20 | Edge |
| 8:40 - 9:20am | 40 | FS |
| 9:20 - 9:30am | 10 | Ice Cut |
| 9:40 - 10:10am | 30 | Jump / Strength |
| 10:40 - 11:10am | 30 | J&S Tech |
| 11:10 - 11:50am | 40 | FS |
| 12:10 - 1:00pm | 50 | Lunch |
| 1:30 - 2:30pm | 60 | Optional FS |
| 2:30 - 2:40pm | 10 | Ice Cut |
| 2:40 - 6:00pm |  | Exhibition Warm up |

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| **Saturday** |  |  |
| 8:30 - 10:00 am | 90 | Optional FS |
| 10:15 - 10:45am | 30 | Optional On-Ice Class |
| 11:00 - 11:30am | 30 | Optional Off-Ice Class |