

Warm up	Ice practice	Mondays	mins	Off ice		mins
14.30 - 14.45	15.00 - 16.30	Cadre	90			
	16.30 - 17.30	JA3 + JA4	60	17.45 - 18.30	JA3 + JA4	45
17.00 - 17.15	17.30 - 18.15	LTC	45	18.30 - 19.15	LTC	45
Warm up	Ice practice	Tuesdays	mins	Off ice		mins
6.00 - 6.15	6.30 - 7.30	LTC + JA4+ JA3	60			
13.00 - 13.15	13.30 - 14.15	Open ice - Components (LTC + JA4 + JA3)	45	14.15- 15.00		
				15.00 - 16.15		
	16.00 - 17.15	LTC	75	16.30 - 17.00	JA Light	30
(16.45 - 17.00)	17.15 - 18.00	Skaties A + JA Light	45	15.00 - 15.45	LTC	45
Warm up	Ice practice	Wednesdays	mins	Off ice		mins
6.00 - 6.15	6.30 - 7.30	LTC	60			
7.30 - 7.45	8.00 - 9.15	Sportlycée	90			
16.00 - 16.15	16.30 - 17.25	LTC	55	17.40 - 18.25	LTC	45
	17.25 - 18.15	JA1 + JA2 + JA3+JA4	50	18.30 - 19.15	JA1 + JA2 + JA3+JA4	45
19.45 - 20.00	20.15 - 21.15	Adults beginners	60			
20.45 - 21.00	21.15 - 22.15	Adults advanced	60			
Warm up	Ice practice	Thursdays	mins	Off ice		mins
13.00 - 13.15	13.30 - 14.15	Open ice - Spins LTC + JA4 + JA3 + JA2 + JA1	45			
13.45 - 14.00	14.15- 15.15	JA1 + JA2	60	14.30-15.15	Ballet JA3, JA4	45
14.45 - 15.00	15.15 - 16.00	TS	45	15.30- 16.15	Ballet JA1, JA2	45
15.45 - 16.00	16.15 - 17.15	LTC	60	16.15 - 17.00	Ballet TS	45
	(16.30 - 17.45)		75	17.45 - 18.30	Ballet / Pilates LTC	45
Warm up	Ice practice	Fridays	mins	Off ice		mins
6.00 - 6.15	6.30 - 7.30	LTC + JA4 + JA3	60			
12.45 - 13.00	13.15 - 14.15	Adults	60			
14.00 - 14.15	14.30 - 16.00	Cadre	90			
15.30 - 15.45	16.00 - 17.00	LTC	60	17.15 - 18.00	Ballet / pilates LTC	45
16.30 - 16.45	17.00 - 18.00	JA1 + JA2 + JA3 + JA4	60	18.15 - 19.00	JA3 + JA4	45
Warm up	Ice practice	Saturdays	mins	Off ice		mins
7.30 - 7.45	8.00 - 8.50	LTC	50	9.00 - 9.45	LTC + JA4	45
8.20 - 8.35	8.50 - 9.45	JA1 + JA2 + JA3	55	10.00 - 10.45	JA1 + JA2 + JA3	45
	9.45 - 10.00	Ice resurficed				
	10.00 - 10.45	LTC + JA4	45			
10.15 - 10.30	10.45 - 11.30	TS Competitive	45			
(11.00 - 11.45)	11.30 - 12.15	Skaties A + JA Light	45			
(11.45 - 12.00)	12.15 - 13.00	Skaties B	45			
Warm up	Ice practice	Sundays	mins	Off ice		mins
7.30 - 7.45	8.00 - 9.00	TS non-competitive	60			
8.15 - 8.30	8.45 - 9.45	TS competitive	60	10.00 - 11.00	TS all	60