

| OLYMPIC | Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 | Friday 15 | Saturday 16 | Sunday 17 | ARENA | Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 | Friday 15 | Saturday 16 | Sunday 17 | ARENA | | |
|---------------|---------------------------|-----------------------------|---------------------------|------------------|-----------------------------|--------------------|---|---------------|---|--|--------------|---|-----------|---|-----------|---------------|--|-------------|
| 5.00 - 5.15 | Practice Ice (Dance Only) | Practice Ice (Lessons Only) | Practice Ice (Dance Only) | RC/CP Group 2B | Practice Ice (Lessons Only) | JS/MO/SS Group 3 | | 5.00 - 5.15 | Barrier Conversion NO GLASS | | | CONVERSION NO GLASS | | | | 5.00 - 5.15 | | |
| 5.15 - 5.30 | 5.00 - 6.00 WC/KB | 5.00 - 5.50 | 5.00 - 5.50 | 5.00-6.00 | 5.00 - 5.45 | 5.00 - 5.50 | | 5.15 - 5.30 | | NO GLASS | | | | NO GLASS | | | | 5.15 - 5.30 |
| 5.30 - 5.45 | 6.00 - 6.15 | 6.00 - 6.15 | 6.00 - 6.15 | RC/CP/SS Group 4 | 6.00 - 7.00 | 6.00 - 6.15 | Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 | 5.30 - 5.45 | | Dance Only | | | | Dance Only | | | | 5.30 - 5.45 |
| 5.45 - 6.00 | 6.15 - 6.30 | 6.15 - 6.30 | 6.15 - 6.30 | 6.00 - 7.00 | 6.00 - 7.00 | 6.15 - 6.30 | 6.30 - 6.45 | 5.45 - 6.00 | | Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 KB | | | | Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 | | | | 5.45 - 6.00 |
| 6.00 - 6.15 | 6.30 - 6.45 | 6.30 - 6.45 | 6.30 - 6.45 | RC/CP/SS Group 4 | 6.30 - 6.45 | 6.30 - 6.45 | 6.45 - 7.00 | 6.00 - 6.15 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 6.00 - 6.15 |
| 6.15 - 6.30 | 6.45 - 7.00 | 6.45 - 7.00 | 6.45 - 7.00 | 6.00 - 7.00 | 6.45 - 7.45 | 6.40-7.30 RC/MO/SS | 7.00 - 7.15 | 6.15 - 6.30 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 6.15 - 6.30 |
| 6.30 - 6.45 | 7.00 - 7.15 | 7.00 - 8.00 | 7.00 - 8.00 | RC/CP/SS Group 3 | 6.50-7.50 | 6.40-7.30 RC/MO/SS | 7.15 - 7.30 | 6.30 - 6.45 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 6.30 - 6.45 |
| 6.45 - 7.00 | 7.15 - 7.30 | 7.15 - 7.30 | 7.15 - 7.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 7.30 - 7.45 | 6.45 - 7.00 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 6.45 - 7.00 |
| 7.00 - 7.15 | 7.30 - 7.45 | 7.30 - 7.45 | 7.30 - 7.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 7.45 - 8.00 | 6.30 - 6.45 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 7.00 - 7.15 |
| 7.15 - 7.30 | 7.45 - 8.00 | 7.45 - 8.00 | 7.45 - 8.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 8.00 - 8.15 | 6.45 - 7.00 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 7.15 - 7.30 |
| 7.30 - 7.45 | 8.00 - 8.15 | 8.00 - 8.15 | 8.00 - 8.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 8.15 - 8.30 | 7.30 - 7.45 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 7.30 - 7.45 |
| 7.45 - 8.00 | 8.15 - 8.30 | 8.15 - 8.30 | 8.15 - 8.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 8.30 - 8.45 | 7.45 - 8.00 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 7.45 - 8.00 |
| 8.00 - 8.15 | 8.30 - 8.45 | 8.30 - 8.45 | 8.30 - 8.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 8.45 - 9.00 | 8.00 - 8.15 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 8.00 - 8.15 |
| 8.15 - 8.30 | 8.45 - 9.00 | 8.45 - 9.00 | 8.45 - 9.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 9.00 - 9.15 | 8.15 - 8.30 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 8.15 - 8.30 |
| 8.30 - 8.45 | 9.00 - 9.15 | 9.00 - 9.15 | 9.00 - 9.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 9.15 - 9.30 | 8.30 - 8.45 | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 8.30 - 8.45 |
| 8.45 - 9.00 | 9.15 - 9.30 | 9.15 - 9.30 | 9.15 - 9.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 9.30 - 9.45 | 8.45 - 9.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 8.45 - 9.00 | | |
| 9.00 - 9.15 | 9.30 - 9.45 | 9.30 - 9.45 | 9.30 - 9.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 9.45 - 10.00 | 9.00 - 9.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 9.00 - 9.15 | | |
| 9.15 - 9.30 | 9.45 - 10.00 | 9.45 - 10.00 | 9.45 - 10.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 10.00 - 10.15 | 9.15 - 9.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 9.15 - 9.30 | | |
| 9.30 - 9.45 | 10.00 - 10.15 | 10.00 - 10.15 | 10.00 - 10.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 10.15 - 10.30 | 9.30 - 9.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 9.30 - 9.45 | | |
| 9.45 - 10.00 | 10.15 - 10.30 | 10.15 - 10.30 | 10.15 - 10.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 10.30 - 10.45 | 9.45 - 10.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 9.45 - 10.00 | | |
| 10.00 - 10.15 | 10.30 - 10.45 | 10.30 - 10.45 | 10.30 - 10.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 10.45 - 11.00 | 10.00 - 10.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 10.00 - 10.15 | | |
| 10.15 - 10.30 | 10.45 - 11.00 | 10.45 - 11.00 | 10.45 - 11.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 11.00 - 11.15 | 10.15 - 10.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 10.15 - 10.30 | | |
| 10.30 - 10.45 | 11.00 - 11.15 | 11.00 - 11.15 | 11.00 - 11.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 11.15 - 11.30 | 10.30 - 10.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 10.30 - 10.45 | | |
| 10.45 - 11.00 | 11.15 - 11.30 | 11.15 - 11.30 | 11.15 - 11.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 11.30 - 11.45 | 10.45 - 11.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 10.45 - 11.00 | | |
| 11.00 - 11.15 | 11.30 - 11.45 | 11.30 - 11.45 | 11.30 - 11.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 11.45 - 12.00 | 11.00 - 11.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 11.00 - 11.15 | | |
| 11.15 - 11.30 | 11.45 - 12.00 | 11.45 - 12.00 | 11.45 - 12.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 12.00 - 12.15 | 11.15 - 11.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 11.15 - 11.30 | | |
| 11.30 - 11.45 | 12.00 - 12.15 | 12.00 - 12.15 | 12.00 - 12.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 12.15 - 12.30 | 11.30 - 11.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 11.30 - 11.45 | | |
| 11.45 - 12.00 | 12.15 - 12.30 | 12.15 - 12.30 | 12.15 - 12.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 12.30 - 12.45 | 11.45 - 12.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 11.45 - 12.00 | | |
| 1.00 - 1.15 | 1.15 - 1.30 | 1.15 - 1.30 | 1.15 - 1.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 12.45 - 1.00 | 12.00 - 12.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 12.00 - 12.15 | | |
| 1.15 - 1.30 | 1.30 - 1.45 | 1.30 - 1.45 | 1.30 - 1.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 1.00 - 1.15 | 12.15 - 12.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 12.15 - 12.30 | | |
| 1.30 - 1.45 | 1.45 - 2.00 | 1.45 - 2.00 | 1.45 - 2.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 1.15 - 1.30 | 12.30 - 12.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 12.30 - 12.45 | | |
| 1.45 - 2.00 | 2.00 - 2.15 | 2.00 - 2.15 | 2.00 - 2.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 1.30 - 1.45 | 12.45 - 1.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 12.45 - 1.00 | | |
| 2.00 - 2.15 | 2.15 - 2.30 | 2.15 - 2.30 | 2.15 - 2.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 1.45 - 2.00 | 1.00 - 1.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 1.00 - 1.15 | | |
| 2.15 - 2.30 | 2.30 - 2.45 | 2.30 - 2.45 | 2.30 - 2.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 2.00 - 2.15 | 1.15 - 1.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 1.15 - 1.30 | | |
| 2.30 - 2.45 | 2.45 - 3.00 | 2.45 - 3.00 | 2.45 - 3.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 2.15 - 2.30 | 1.30 - 1.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 1.30 - 1.45 | | |
| 2.45 - 3.00 | 3.00 - 3.15 | 3.00 - 3.15 | 3.00 - 3.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 2.30 - 2.45 | 1.45 - 2.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 1.45 - 2.00 | | |
| 3.00 - 3.15 | 3.15 - 3.30 | 3.15 - 3.30 | 3.15 - 3.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 2.45 - 3.00 | 2.00 - 2.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 2.00 - 2.15 | | |
| 3.15 - 3.30 | 3.30 - 3.45 | 3.30 - 3.45 | 3.30 - 3.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 3.00 - 3.15 | 2.15 - 2.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 2.15 - 2.30 | | |
| 3.30 - 3.45 | 3.45 - 4.00 | 3.45 - 4.00 | 3.45 - 4.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 3.15 - 3.30 | 2.30 - 2.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 2.30 - 2.45 | | |
| 3.45 - 4.00 | 4.00 - 4.15 | 4.00 - 4.15 | 4.00 - 4.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 3.30 - 3.45 | 2.45 - 3.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 2.45 - 3.00 | | |
| 4.00 - 4.15 | 4.15 - 4.30 | 4.15 - 4.30 | 4.15 - 4.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 3.45 - 4.00 | 3.00 - 3.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 3.00 - 3.15 | | |
| 4.15 - 4.30 | 4.30 - 4.45 | 4.30 - 4.45 | 4.30 - 4.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 4.00 - 4.15 | 3.15 - 3.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 3.15 - 3.30 | | |
| 4.30 - 4.45 | 4.45 - 5.00 | 4.45 - 5.00 | 4.45 - 5.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 4.15 - 4.30 | 3.30 - 3.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 3.30 - 3.45 | | |
| 4.45 - 5.00 | 5.00 - 5.15 | 5.00 - 5.15 | 5.00 - 5.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 4.30 - 4.45 | 3.45 - 4.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 3.45 - 4.00 | | |
| 5.00 - 5.15 | 5.15 - 5.30 | 5.15 - 5.30 | 5.15 - 5.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 4.45 - 5.00 | 4.00 - 4.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 4.00 - 4.15 | | |
| 5.15 - 5.30 | 5.30 - 5.45 | 5.30 - 5.45 | 5.30 - 5.45 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 4.50 - 5.15 | 4.15 - 4.30 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 4.15 - 4.30 | | |
| 5.30 - 5.45 | 5.45 - 6.00 | 5.45 - 6.00 | 5.45 - 6.00 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 5.00 - 5.15 | 4.30 - 4.45 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 4.30 - 4.45 | | |
| 5.45 - 6.00 | 6.00 - 6.15 | 6.00 - 6.15 | 6.00 - 6.15 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 5.15 - 5.30 | 4.45 - 5.00 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 4.45 - 5.00 | | |
| 6.00 - 6.15 | 6.15 - 6.30 | 6.15 - 6.30 | 6.15 - 6.30 | RC/CP/SS Group 3 | 7.00 - 8.00 | 6.50-7.50 | 5.30 - 5.45 | 4.50 - 5.15 | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 | | | | 4.50 - 5.15 | | |
| 6.15 - 6.30 | 6 | | | | | | | | | | | | | | | | | |

