

OLYMPIC	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20	ARENA	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	JS/MO Group 3 5.00 - 5.50		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45
5.45 - 6.00		JS/DW/RW Group 3 5.50-6.45	LK/MO Group 2B 5.50-6.45	LK/SS/LS Group 4 6.00 - 7.00	JS/R/DW Group 3 5.50 - 6.50	Group 2B 5.50-6.40 JS/MO/CP	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	5.45 - 6.00	Ice Dance Academy 6.00-7.00 SY	Ice Dance Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Ice Dance Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	JS/RC/RW Group 2A 6.00 - 7.00	Ice Dance Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 NC			5.45 - 6.00
6.00 - 6.15	RC/LK/SS Group 4 6.00 - 7.00							6.00 - 6.15								6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								6.45 - 7.00
7.00 - 7.15	RC/LK/SS Group 3 7.00 - 8.00	JS/DW/RW Group 2A 6.45-7.45	JS/MO/LK Group 2A 6.45-7.45	LK/SS/LS Group 2B 7.00 - 8.00	JS/RC/DW Group 2A 6.50-7.50	Group 4 6.40-7.30 MO/CP/RW	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY/GW	7.00 - 7.15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	JS/RC/RW Group 3 7.00 - 8.00	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15			7.00 - 7.15
7.15 - 7.30								7.15 - 7.30								7.15 - 7.30
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8.00 - 8.15								8.00 - 8.15								8.00 - 8.15
8.15 - 8.30	Group 1 8.10-9.15 TC/RC	Group 1 7.55 - 9.00 JS/TC	Group 1 7.55 - 9.00 JS/MO	Group 1 8.10-9.15 JS/TC	Group 1 8.00-9.00 JS/RC	Group 1 & 2A 7.40-8.40 TC/MO/CP	Sk8UK Tots Jnr. Acad 8.15 - 8.45 SY/CP/RW	8.15 - 8.30	Practice Ice 2S* 8.00-9.00	Practice Ice 2S* 8.00-9.00	Practice Ice 2S* 8.00-9.00	Practice Ice 2S* 8.00-9.00	Practice Ice 8+2S* 8.00-9.00			8.15 - 8.30
8.30 - 8.45							Skate UK/Jnr. Acad 8.45-9.15	8.30 - 8.45								8.30 - 8.45
8.45 - 9.00							Skate UK 9.15 - 9.45	8.45 - 9.00								8.45 - 9.00
9.00 - 9.15							Speed Club 8.50-9.45	9.00 - 9.15								9.00 - 9.15
9.15 - 9.30							Skate UK 9.45 - 10.00	9.15 - 9.30								9.15 - 9.30
9.30 - 9.45							Skate UK 10.15 - 10.45	9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								9.45 - 10.00
10.00 - 10.15	Practice Ice 2S* 10.00-11.00 SKUK8+	Public Session 10.00-11.30	GB Short Track 9.15-11.00	Public Session 10.00-11.30	GB Short Track 9.15-11.00		Public Skating 10.00 - 12.00	10.00 - 10.15								10.00 - 10.15
10.15 - 10.30							Tots Zone	10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
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12.00 - 12.15								12.00 - 12.15								12.00 - 12.15
12.15 - 12.30	Skate UK 12.15-12.45	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Chinese Short Track 11.15-1.00	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Chinese Short Track 11.15-1.00		SkateUK 12.30-1.00	12.15 - 12.30								12.15 - 12.30
12.30 - 12.45	SKUK Practice						Sk8UK Star 1.00 - 1.30	12.30 - 12.45								12.30 - 12.45
12.45 - 1.00								12.45 - 1.00								12.45 - 1.00
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1.30 - 1.45								1.30 - 1.45								1.30 - 1.45
1.45 - 2.00	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 11.00-5.00 Tots Zone		1.45 - 2.00	Practice Ice 2S* 1.30-2.30 SKUK8+	Practice Ice 2S* 1.30-2.30 SKUK8+						1.45 - 2.00
2.00 - 2.15								2.00 - 2.15								2.00 - 2.15
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4.00 - 4.15	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 3.30-4.30 SKUK8+	Practice Ice 2S* 3.30-4.30 SKUK8+	Practice Ice 2S* 3.15-4.15 SKUK8+	Family Club Session 2.45-5.00 Tots Zone		4.00 - 4.15								4.00 - 4.15
4.15 - 4.30								4.15 - 4.30								4.15 - 4.30
4.30 - 4.45								4.30 - 4.45								4.30 - 4.45
4.45 - 5.00								4.45 - 5.00								4.45 - 5.00
5.00 - 5.15	Ice Dance Class 4.45-5.45 SY	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.30-5.30 SKUK8+	Practice Ice 2S* 4.30-5.30 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+			5.00 - 5.15								5.00 - 5.15
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11.45 - 12.00								11.45 - 12.00								11.45 - 12.00
																17.1.19

JANUARY 2019
 STC** - subject to coach on ice during sessions
 2S* - Subject to a minimum of 2 skaters on ice during session.

OLYMPIC	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27	ARENA	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Ice Dance Academy 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50			5.00 - 5.15								5.00 - 5.15
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5.45 - 6.00	RC/SS/RW Group 4 6.00 - 7.00	JS/DW/RW Group 3 5.50-6.45	LK/MO Group 2B 5.50-6.45	LK/SS/LS Group 4 6.00 - 7.00	JS/RD/DW Group 3 5.50 - 6.50	CP/RW Group 2B 6.00 - 7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	6.00 - 6.15	Ice Dance Academy 6.00-7.00 SY	Ice Dance	Ice Dance	JS/RD/RW Group 2A 6.00 - 7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 NC	MO/SS Group 3 6.00-7.00	Notts Synchro Academy 6.00-7.45	6.00 - 6.15
6.00 - 6.15							Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY/GW	6.15 - 6.30		Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	JS/RD/RW Group 3 7.00 - 8.00	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 NC			6.15 - 6.30
6.15 - 6.30								6.30 - 6.45	Practice Ice NISA Level 1+ 7.00 - 7.45							6.30 - 6.45
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JANUARY 2019

STC** - subject to coach on ice during sessions

2S* - Subject to a minimum of 2 skaters on ice during session.

17.1.19

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 Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC		5.15 - 5.30								5.15 - 5.30
5.30 - 5.45	Practice Ice & ICE DANCE							5.30 - 5.45								5.30 - 5.45
5.45 - 6.00	Practice Ice & ICE DANCE							5.45 - 6.00								5.45 - 6.00
6.00 - 6.15	Practice Ice & ICE DANCE							6.00 - 6.15								6.00 - 6.15
6.15 - 6.30	Practice Ice & ICE DANCE							6.15 - 6.30								6.15 - 6.30
6.30 - 6.45	Practice Ice & ICE DANCE							6.30 - 6.45								6.30 - 6.45
6.45 - 7.00	Practice Ice & ICE DANCE							6.45 - 7.00								6.45 - 7.00
7.00 - 7.15	Practice Ice & ICE DANCE							7.00 - 7.15								7.00 - 7.15
7.15 - 7.30	Practice Ice & ICE DANCE							7.15 - 7.30								7.15 - 7.30
7.30 - 7.45	Practice Ice & ICE DANCE							7.30 - 7.45								7.30 - 7.45
7.45 - 8.00	Practice Ice & ICE DANCE							7.45 - 8.00								7.45 - 8.00
8.00 - 8.15	Practice Ice & ICE DANCE							8.00 - 8.15								8.00 - 8.15
8.15 - 8.30	Practice Ice & ICE DANCE							8.15 - 8.30								8.15 - 8.30
8.30 - 8.45	Practice Ice & ICE DANCE							8.30 - 8.45								8.30 - 8.45
8.45 - 9.00	Practice Ice & ICE DANCE							8.45 - 9.00								8.45 - 9.00
9.00 - 9.15	Practice Ice & ICE DANCE							9.00 - 9.15								9.00 - 9.15
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5.00 - 5.15	Practice Ice & ICE DANCE							5.00 - 5.15								5.00 - 5.15
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5.30 - 5.45	Practice Ice & ICE DANCE							5.30 - 5.45								5.30 - 5.45
5.45 - 6.00	Practice Ice & ICE DANCE							5.45 - 6.00								5.45 - 6.00
6.00 - 6.15	Practice Ice & ICE DANCE							6.00 - 6.15								6.00 - 6.15
6.15 - 6.30	Practice Ice & ICE DANCE							6.15 - 6.30								6.15 - 6.30
6.30 - 6.45	Practice Ice & ICE DANCE							6.30 - 6.45								6.30 - 6.45
6.45 - 7.00	Practice Ice & ICE DANCE							6.45 - 7.00								6.45 - 7.00
7.00 - 7.15	Practice Ice & ICE DANCE							7.00 - 7.15								7.00 - 7.15
7.15 - 7.30	Practice Ice & ICE DANCE							7.15 - 7.30								7.15 - 7.30
7.30 - 7.45	Practice Ice & ICE DANCE							7.30 - 7.45								7.30 - 7.45
7.45 - 8.00	Practice Ice & ICE DANCE							7.45 - 8.00								7.45 - 8.00
8.00 - 8.15	Practice Ice & ICE DANCE							8.00 - 8.15								8.00 - 8.15
8.15 - 8.30	Practice Ice & ICE DANCE							8.15 - 8.30								8.15 - 8.30
8.30 - 8.45	Practice Ice & ICE DANCE							8.30 - 8.45								8.30 - 8.45
8.45 - 9.00	Practice Ice & ICE DANCE							8.45 - 9.00								8.45 - 9.00
9.00 - 9.15	Practice Ice & ICE DANCE							9.00 - 9.15								9.00 - 9.15
9.15 - 9.30	Practice Ice & ICE DANCE							9.15 - 9.30								9.15 - 9.30
9.30 - 9.45	Practice Ice & ICE DANCE							9.30 - 9.45								9.30 - 9.45
9.45 - 10.00	Practice Ice & ICE DANCE							9.45 - 10.00								9.45 - 10.00
10.00 - 10.15	Practice Ice & ICE DANCE							10.00 - 10.15								10.00 - 10.15
10.15 - 10.30	Practice Ice & ICE DANCE							10.15 - 10.30								10.15 - 10.30
10.30 - 10.45	Practice Ice & ICE DANCE							10.30 - 10.45								10.30 - 10.45
10.45 - 11.00	Practice Ice & ICE DANCE							10.45 - 11.00								10.45 - 11.00
11.00 - 11.15	Practice Ice & ICE DANCE							11.00 - 11.15								11.00 - 11.15
11.15 - 11.30	Practice Ice & ICE DANCE							11.15 - 11.30								11.15 - 11.30
11.30 - 11.45	Practice Ice & ICE DANCE							11.30 - 11.45								11.30 - 11.45
11.45 - 12.00	Practice Ice & ICE DANCE							11.45 - 12.00								11.45 - 12.00
																17.1.19

FEB 2019
 STC** - subject to coach on ice during sessions
 2S* - Subject to a minimum of 2 skaters on ice during session.

OLYMPIC	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24	ARENA	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24	ARENA
5.00 - 5.15	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice NISA Level 1+	Practice Ice Level TBC		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30	5.00-5.45	5.00-6.00	5.00-5.45	5.00-6.00	5.00-6.00	5.00-6.00		5.15 - 5.30								5.15 - 5.30
5.30 - 5.45	Practice Ice & ICE DANCE							5.30 - 5.45								5.30 - 5.45
5.45 - 6.00	5.45-6.30							5.45 - 6.00								5.45 - 6.00
6.00 - 6.15		Up to Level 3	Level 4-Level 7		Level 4-Level 7	Class TBC		6.00 - 6.15								6.00 - 6.15
6.15 - 6.30	Level 4-Level 7	6.00-6.50	5.45-6.30	Level 8+	6.00 - 7.00	6.00-6.45		6.15 - 6.30		Class TBC	Class TBC					6.15 - 6.30
6.30 - 6.45			Level 8 +					6.30 - 6.45		6.00-6.45	6.00-6.45					6.30 - 6.45
6.45 - 7.00	Practice & BOOSTER	Level 8+	Level 8 +	Level 4-Level 7	Level 8 +			6.45 - 7.00		Practice Ice Level TBC	Practice Ice Level TBC					6.45 - 7.00
7.00 - 7.15		7.00-8.00	Up to Level 3	Level 4-Level 7	Level 8 +			7.00 - 7.15		6.45-7.45	6.45-7.45					7.00 - 7.15
7.15 - 7.30			7.15-8.00	7.10-8.00	7.10-8.00			7.15 - 7.30								7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								8.15 - 8.30
8.30 - 8.45	Chinese Short Track	Chinese Short Track	Practice Ice Level TBC	Practice Ice Level TBC	GB Short Track	Chinese Short Track		8.30 - 8.45		GB Short Track	Chinese Short Track					8.30 - 8.45
8.45 - 9.00	8.15-9.45	8.15-9.30	8.15-9.00	8.15-9.00	8.15-10.00	8.00-8.15		8.45 - 9.00		8.00-9.45	8.00-9.45					8.45 - 9.00
9.00 - 9.15			Practice Ice Level TBC	Practice Ice Level TBC				9.00 - 9.15								9.00 - 9.15
9.15 - 9.30			9.00-9.45	9.00-9.45				9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								9.45 - 10.00
10.00 - 10.15	GB Short Track	GB Short Track	Skate UK Intensive	Skate UK Intensive	Skate UK Intensive	Skate UK		10.00 - 10.15								10.00 - 10.15
10.15 - 10.30	10.00-11.45	9.45-11.15	10.00-11.00	10.00-11.00	10.15-11.15	10.15 - 10.45		10.15 - 10.30		GB Short Track	GB Short Track					10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15								11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00
12.00 - 12.15								12.00 - 12.15								12.00 - 12.15
12.15 - 12.30								12.15 - 12.30								12.15 - 12.30
12.30 - 12.45								12.30 - 12.45								12.30 - 12.45
12.45 - 1.00								12.45 - 1.00								12.45 - 1.00
1.00 - 1.15								1.00 - 1.15								1.00 - 1.15
1.15 - 1.30								1.15 - 1.30								1.15 - 1.30
1.30 - 1.45								1.30 - 1.45								1.30 - 1.45
1.45 - 2.00								1.45 - 2.00								1.45 - 2.00
2.00 - 2.15								2.00 - 2.15								2.00 - 2.15
2.15 - 2.30								2.15 - 2.30								2.15 - 2.30
2.30 - 2.45								2.30 - 2.45								2.30 - 2.45
2.45 - 3.00								2.45 - 3.00								2.45 - 3.00
3.00 - 3.15								3.00 - 3.15								3.00 - 3.15
3.15 - 3.30								3.15 - 3.30								3.15 - 3.30
3.30 - 3.45								3.30 - 3.45								3.30 - 3.45
3.45 - 4.00								3.45 - 4.00								3.45 - 4.00
4.00 - 4.15								4.00 - 4.15								4.00 - 4.15
4.15 - 4.30								4.15 - 4.30								4.15 - 4.30
4.30 - 4.45	Practice Ice Level TBC							4.30 - 4.45								4.30 - 4.45
4.45 - 5.00	4.15-4.45	Level 4-Level 7	Class TBC	Class TBC	Level 8 +			4.45 - 5.00								4.45 - 5.00
5.00 - 5.15		4.10-4.55	4.15-5.00	4.15-5.00	4.10-5.10			5.00 - 5.15								5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								5.45 - 6.00
6.00 - 6.15								6.00 - 6.15								6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								6.45 - 7.00
7.00 - 7.15								7.00 - 7.15								7.00 - 7.15
7.15 - 7.30								7.15 - 7.30								7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								8.15 - 8.30
8.30 - 8.45								8.30 - 8.45								8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								9.45 - 10.00
10.00 - 10.15								10.00 - 10.15								10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15								11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00
																15.1.18

FEB 2019
 STC** - subject to coach on ice during sessions
 2S* - Subject to a minimum of 2 skaters on ice during session.

OLYMPIC	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 1	Saturday 2	Sunday 3	ARENA	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 1	Saturday 2	Sunday 3	ARENA
5.00 - 5.15	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC	Practice Ice Level TBC		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30	5.00-5.45	5.00-6.00	5.00-5.45	5.00-6.00	5.00-6.00	5.00-6.00		5.15 - 5.30								5.15 - 5.30
5.30 - 5.45	Practice Ice & ICE DANCE 5.45-6.30	Up to Level 3 6.00-6.50	Level 4-Level 7 5.45-6.30	Level 8+ 6.00-7.00	Level 4-Level 7 6.00 - 7.00	Practice Ice & ICE DANCE 6.00-6.45	Notts Synchro Academy 5.30-6.30	5.30 - 5.45	Practice Ice Level TBC 6.00-7.00	Class TBC 6.00-6.45	Class TBC 6.00-6.45	Class TBC 6.00-6.45			CONVERSION	5.30 - 5.45
5.45 - 6.00	Level 4-Level 7 6.30-7.15		Level 8 + 6.30-7.15			Practice Ice & ICE DANCE 6.45-7.30	Class TBC 6.30-7.15	5.45 - 6.00	Class TBC 7.00-7.45	Practice Ice Level TBC 6.45-7.45	Practice Ice Level TBC 6.45-7.45	Practice Ice Level TBC 6.45-7.45				5.45 - 6.00
6.00 - 6.15	Practice & BOOSTER 7.15-8.00	Level 8+ 7.00-8.00	Up to Level 3 7.15-8.00	Level 4-Level 7 7.10-8.00	Level 8 + 7.10-8.00	Skills Academy 7.30-8.15	Up to Level 3 7.15-8.00	6.00 - 6.15								6.00 - 6.15
6.15 - 6.30	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Speed Club 8.30-9.30	Sk8UK Tots Jnr. Acad 8.15 - 8.45 8.15-9.00	6.15 - 6.30	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00	Practice Ice Level TBC 8.00-9.00				6.15 - 6.30
6.30 - 6.45							Skate UK 8.45-9.15	6.30 - 6.45	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Practice Ice Level TBC 9.30-10.30	Practice Ice Level TBC 9.30-10.30				6.30 - 6.45
6.45 - 7.00	Practice Ice Level TBC 10.00-11.00	Public Session 10.00-11.30	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Skate UK 9.45 - 10.15	Skate UK 9.15 - 9.45	6.45 - 7.00								6.45 - 7.00
7.00 - 7.15						Skate UK 10.15 - 10.45	9.30 - 9.45	7.00 - 7.15								7.00 - 7.15
7.15 - 7.30	Practice Ice Level TBC 11.00-12.00		Chinese Short Track 11.15-1.00	Chinese Short Track 11.15-1.00	Panthers 11.15-12.30	Public Skating 10.00 - 12.00	9.45 - 10.00	7.15 - 7.30	Chinese Short Track 9.15-11.00	GB Short Track 9.15-11.00						7.15 - 7.30
7.30 - 7.45	Skate UK 12.15-12.45	Practice Ice Level TBC 12.00-1.00				Tots Zone	10.00 - 10.15	7.30 - 7.45								7.30 - 7.45
7.45 - 8.00	SKUK Practice					Public Skating 11.00 - 11.15	10.15 - 10.30	7.45 - 8.00								7.45 - 8.00
8.00 - 8.15						11.15 - 11.30	10.30 - 10.45	8.00 - 8.15								8.00 - 8.15
8.15 - 8.30						11.30 - 11.45	10.45 - 11.00	8.15 - 8.30								8.15 - 8.30
8.30 - 8.45						11.45 - 12.00	11.00 - 11.15	8.30 - 8.45								8.30 - 8.45
8.45 - 9.00						12.00 - 12.15	11.15 - 11.30	8.45 - 9.00								8.45 - 9.00
9.00 - 9.15						12.15 - 12.30	11.30 - 11.45	9.00 - 9.15								9.00 - 9.15
9.15 - 9.30						12.30 - 12.45	11.45 - 12.00	9.15 - 9.30								9.15 - 9.30
9.30 - 9.45						12.45 - 1.00	12.00 - 12.15	9.30 - 9.45								9.30 - 9.45
9.45 - 10.00						1.00 - 1.15	12.15 - 12.30	9.45 - 10.00								9.45 - 10.00
10.00 - 10.15						1.15 - 1.30	12.30 - 12.45	10.00 - 10.15								10.00 - 10.15
10.15 - 10.30						1.30 - 1.45	12.45 - 1.00	10.15 - 10.30								10.15 - 10.30
10.30 - 10.45						1.45 - 2.00	1.00 - 1.15	10.30 - 10.45								10.30 - 10.45
10.45 - 11.00						2.00 - 2.15	1.15 - 1.30	10.45 - 11.00								10.45 - 11.00
11.00 - 11.15						2.15 - 2.30	1.30 - 1.45	11.00 - 11.15								11.00 - 11.15
11.15 - 11.30						2.30 - 2.45	1.45 - 2.00	11.15 - 11.30								11.15 - 11.30
11.30 - 11.45						2.45 - 3.00	2.00 - 2.15	11.30 - 11.45								11.30 - 11.45
11.45 - 12.00						3.00 - 3.15	2.15 - 2.30	11.45 - 12.00								11.45 - 12.00
12.00 - 12.15						3.15 - 3.30	2.30 - 2.45	12.00 - 12.15								12.00 - 12.15
12.15 - 12.30						3.30 - 3.45	2.45 - 3.00	12.15 - 12.30								12.15 - 12.30
12.30 - 12.45						3.45 - 4.00	3.00 - 3.15	12.30 - 12.45								12.30 - 12.45
12.45 - 1.00						4.00 - 4.15	3.15 - 3.30	12.45 - 1.00								12.45 - 1.00
1.00 - 1.15						4.15 - 4.30	3.30 - 3.45	1.00 - 1.15								1.00 - 1.15
1.15 - 1.30						4.30 - 4.45	3.45 - 4.00	1.15 - 1.30								1.15 - 1.30
1.30 - 1.45						4.45 - 5.00	4.00 - 4.15	1.30 - 1.45								1.30 - 1.45
1.45 - 2.00						5.00 - 5.15	4.15 - 4.30	1.45 - 2.00								1.45 - 2.00
2.00 - 2.15						5.15 - 5.30	4.30 - 4.45	2.00 - 2.15								2.00 - 2.15
2.15 - 2.30						5.30 - 5.45	4.45 - 5.00	2.15 - 2.30								2.15 - 2.30
2.30 - 2.45						5.45 - 6.00	5.00 - 5.15	2.30 - 2.45								2.30 - 2.45
2.45 - 3.00						6.00 - 6.15	5.15 - 5.30	2.45 - 3.00								2.45 - 3.00
3.00 - 3.15						6.15 - 6.30	5.30 - 5.45	3.00 - 3.15								3.00 - 3.15
3.15 - 3.30						6.30 - 6.45	5.45 - 6.00	3.15 - 3.30								3.15 - 3.30
3.30 - 3.45						6.45 - 7.00	6.00 - 6.15	3.30 - 3.45								3.30 - 3.45
3.45 - 4.00						7.00 - 7.15	6.15 - 6.30	3.45 - 4.00								3.45 - 4.00
4.00 - 4.15						7.15 - 7.30	6.30 - 6.45	4.00 - 4.15								4.00 - 4.15
4.15 - 4.30						7.30 - 7.45	6.45 - 7.00	4.15 - 4.30								4.15 - 4.30
4.30 - 4.45						7.45 - 8.00	7.00 - 7.15	4.30 - 4.45								4.30 - 4.45
4.45 - 5.00						8.00 - 8.15	7.15 - 7.30	4.45 - 5.00								4.45 - 5.00
5.00 - 5.15						8.15 - 8.30	7.30 - 7.45	5.00 - 5.15								5.00 - 5.15
5.15 - 5.30						8.30 - 8.45	7.45 - 8.00	5.15 - 5.30								5.15 - 5.30
5.30 - 5.45						8.45 - 9.00	8.00 - 8.15	5.30 - 5.45								5.30 - 5.45
5.45 - 6.00						9.00 - 9.15	8.15 - 8.30	5.45 - 6.00								5.45 - 6.00
6.00 - 6.15						9.15 - 9.30	8.30 - 8.45	6.00 - 6.15								6.00 - 6.15
6.15 - 6.30						9.30 - 9.45	8.45 - 9.00	6.15 - 6.30								6.15 - 6.30
6.30 - 6.45						9.45 - 10.00	9.00 - 9.15	6.30 - 6.45								6.30 - 6.45
6.45 - 7.00						10.00 - 10.15	9.15 - 9.30	6.45 - 7.00								6.45 - 7.00
7.00 - 7.15						10.15 - 10.30	9.30 - 9.45	7.00 - 7.15								7.00 - 7.15
7.15 - 7.30						10.30 - 10.45	9.45 - 10.00	7.15 - 7.30								7.15 - 7.30
7.30 - 7.45						10.45 - 11.00	10.00 - 10.15	7.30 - 7.45								7.30 - 7.45
7.45 - 8.00						11.00 - 11.15	10.15 - 10.30	7.45 - 8.00								7.45 - 8.00
8.00 - 8.15						11.15 - 11.30	10.30 - 10.45	8.00 - 8.15								8.00 - 8.15
8.15 - 8.30						11.30 - 11.45	10.45 - 11.00	8.15 - 8.30								8.15 - 8.30
8.30 - 8.45						11.45 - 12.00	11.00 - 11.15	8.30 - 8.45								8.30 - 8.45
8.45 - 9.00							11.15 - 11.30	8.45 - 9.00								8.45 - 9.00
9.00 - 9.15							11.30 - 11.45	9.00 - 9.15								9.00 - 9.15
9.15 - 9.30							11.45 - 12.00	9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								9.45 - 10.00
10.00 - 10.15								10.00 - 10.15								10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15								11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00

FEB/MAR 2019 STC** - subject to coach on ice during sessions 2S* - Subject to a minimum of 2 skaters on ice during session.

