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| Morning | Monday | Freestyle 6:00 - 7:00 | Ice Cut | Freestyle 7:15 - 8:15 | Ice Cut | Freestyle 8:30 - 9:30 | High/Elite Spins 9:30 - 10:00 | High/Elite Yoga 10:15 - 11:00 | |
| | Tuesday | Freestyle 6:00 - 7:00 | Ice Cut | Freestyle 7:15 - 8:15 | Ice Cut | Freestyle 8:30 - 9:30 | High/Elite Edges 9:30 - 10:00 | High/Elite Off-ice Jumps 10:15 - 11:00 | |
| | Wednesday | Freestyle 6:00 - 7:00 | Ice Cut | Freestyle 7:15 - 8:15 | Ice Cut | Freestyle 8:30 - 9:30 | High/Elite Power 9:30 - 10:00 | High/Elite Conditioning 10:15 - 11:00 | |
| | Thursday | Freestyle 6:00 - 7:00 | Ice Cut | Freestyle 7:15 - 8:15 | Ice Cut | Freestyle 8:30 - 9:30 | High/Elite Ice Dance/Tech 9:30 - 10:00 | High/Elite Off-ice Jumps 10:15 - 11:00 | High/Elite Stretch 11:00 - 12:00 |
| | | | | Adult Curry 7:15 - 7:45 | | | | | |
| | Friday | Freestyle 6:00 - 7:00 | Ice Cut | Freestyle 7:15 - 8:15 | Ice Cut | Freestyle 8:30 - 9:30 | High/Elite Curry 9:30 - 10:00 | Active Recovery 10:15 - 10:55 | High/Elite Ballet 11:00 - 12:00 |
| | Saturday | Freestyle 8:45 - 9:45 | Learn to Skate 9:45 - 10:45 | | Freestyle 10:45 - 11:45 | Freestyle 11:45 - 12:45 | Aspire class will be on the 8:45 freestyle | Aspire off ice will be 10:00-10:30 | |

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| Afternoon | Monday | Freestyle 1:00 - 1:45 | Freestyle 1:45 - 2:45 | Ice Cut | Freestyle 3:00 - 4:00 | Freestyle 4:00 - 5:00 | Theater on Ice (TOI) 4:30 - 5:00 | Low/Interm Stroking 5:00-5:30 | High Jumps 5:10-5:40 Low/Int Jumps 5:45-6:15 |
| | Tuesday | Freestyle 1:00 - 2:30 | Freestyle 2:30 - 3:30 | Ice Cut | High/Elite Stroking 3:45 - 4:15 | Freestyle 4:15 - 5:45 | High/Elite Ballet 4:35 - 5:20 | Learn to Skate 5:45 - 6:45 | |
| | Wednesday | Freestyle 1:15 - 2:15 | Freestyle 2:15 - 3:15 | Freestyle 3:15 - 4:15 | Freestyle 4:15 - 5:15 | Asp/Low/Int. Spins 4:15 - 4:45 | Low/Int. Ballet 5:30 - 6:15 High/Elite Conditioning 5:45 - 6:30 | | |
| | Thursday | Freestyle 1:00 - 2:00 | Freestyle 2:00 - 3:00 | Ice Cut | Freestyle 3:15 - 4:15 | Freestyle 4:15 - 5:45 | High/Elite Curry 4:15 - 4:45 Asp/Low/Int. Curry 4:45 - 5:15 Theater on Ice (TOI) 5:15 - 5:45 | Learn to Skate 5:45 - 6:45 | |
| | Friday | Freestyle 1:00 - 2:00 | Freestyle 2:00 - 3:00 | Freestyle 3:00 - 4:00 | Freestyle 4:00 - 5:00 | | | | |