

TLSS Main Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am - 7:45am Morning Training	6:15am - 7:45am Morning Training	6:15am - 7:45am Morning Training	6:15am - 7:45am Morning Training	6:15am - 7:45am Morning Training	7:15am - 7:55am Juvenile and Below
8:00am - 8:45am OPEN	8:00am - 8:45am OPEN	8:00am - 8:45am OPEN	8:00am - 8:45am OPEN	8:00am - 8:45am OPEN	7:55am - 8:35am Juvenile and Below
12:15pm - 2:05pm HP A/B	12:15pm - 2:05pm HP A/B	12:15pm - 2:05pm HP A/B	12:15pm - 2:05pm HP A/B	12:15pm - 2:05pm HP A/B	8:45am - 9:25am Pre-Novice and Up
2:15pm - 2:55pm HP A	2:15pm - 2:55pm HP A	2:15pm - 2:55pm HP A	2:15pm - 2:55pm HP A	2:15pm - 2:55pm HP A	9:25am - 10:05am Pre-Novice and Up
2:55pm - 3:35pm HP B	2:55pm - 3:35pm HP B	2:55pm - 3:35pm HP B	2:55pm - 3:35pm HP B	2:55pm - 3:35pm HP B	10:20am - 11:05am CanSkate
3:45pm - 4:30pm HP A/B	3:45pm - 4:30pm HP A/B	3:45pm - 4:30pm HP A/B	3:45pm - 4:25pm HP A/B	3:45pm - 4:30pm HP A/B	
4:30pm - 5:15pm OPEN	4:30pm - 5:35pm OPEN	4:30pm - 5:15pm OPEN	4:25pm - 5:05pm OPEN	4:30pm - 5:15pm OPEN	
5:15pm - 6:05pm OPEN		5:15pm - 6:05pm OPEN		5:15pm - 6:05pm OPEN	
		6:20pm - 7:05pm CanSkate			

Off-Ice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:15pm - 2:45pm High Performance B Jump Class	2:15pm - 2:45pm High Performance B Jump Class	2:15pm - 2:45pm High Performance B Jump Class	2:15pm - 2:45pm High Performance B Jump Class	2:15pm - 2:45pm High Performance B Jump Class	8:10am - 8:40am Pre-Novice and Up Jump Class
3:05pm - 3:35pm High Performance A Fitness		3:05pm - 3:35pm High Performance A Fitness		3:05pm - 3:35pm High Performance A Fitness	8:45am - 9:15am Juvenile and Below Jump Class
4:45pm - 5:30pm HP A/B Ballet	4:45pm - 5:30pm HP A/B Stretch	4:45pm - 5:30pm HP A/B Ballet	4:45pm - 5:30pm HP A/B Stretch	4:45pm - 5:30pm HP A/B Ballet	
6:10pm - 6:40pm OPEN Jump Class		6:10pm - 6:40pm OPEN Jump Class		6:10pm - 6:40pm OPEN Jump Class	