

Time/Date	Sun 7-23	Mon 7-24	Tues 7-25	Wed 7-26	Thurs 7-27	Fri 7-28	Sat 7-29	Sun 7-30	Time/Date
5:30 a.m.	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	5:30 a.m.
6:00 a.m.	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	6:00 a.m.
6:30 a.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	6:30 a.m.
7:00 a.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	7:00 a.m.
7:30 a.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	7:30 a.m.
8:00 a.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	8:00 a.m.
8:30 a.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	8:30 a.m.
9:00 a.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	9:00 a.m.
9:30 a.m.	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	9:30 a.m.
10:00 a.m.	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	10:00 a.m.

12:00 p.m.	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	12:00 p.m.
12:30 p.m.	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	12:30 p.m.
1:00 p.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	1:00 p.m.
1:30 p.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	1:30 p.m.
2:00 p.m.	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	2:00 p.m.
2:30 p.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	2:30 p.m.
3:00 p.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	3:00 p.m.
3:30 p.m.	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	3:30 p.m.
4:00 p.m.	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	4:00 p.m.
4:30 p.m.	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	4:30 p.m.

Mon 7-31	Tues 8-1	Wed 8-2	Thurs 8-3	Fri 8-4	Sat 8-5	Time/Date
Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	5:30 a.m.
Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	6:00 a.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	6:30 a.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	7:00 a.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	7:30 a.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	8:00 a.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	8:30 a.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	9:00 a.m.
Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	9:30 a.m.
Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	10:00 a.m.

Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	12:00 p.m.
Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	Figure Pract	12:30 p.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	1:00 p.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	1:30 p.m.
Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	Dance Pract	2:00 p.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	2:30 p.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	3:00 p.m.
Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	Free Skating	3:30 p.m.
Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	4:00 p.m.
Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	Creative Da	4:30 p.m.