

| Sunday | Snel - Ariana | Viteza - Keith | Rapido - Sandi | Vitesse - Tyler |
|--------|-------------------------|-------------------|---------------------------|---------------------------|
| 7:30 | 7:30 - 8:00 | | | |
| 7:45 | Dryland/Warm Up | | | |
| 8:00 | changed | | | |
| 8:15 | | | 8:00 - 9:15 | 8:00 - 9:15 |
| 8:30 | 8:15 - 9:00 | 8:30 - 9:00 | Inline | ICE |
| 8:45 | Inline (off island) | Dryland/Warm Up | Jessica | |
| 9:00 | | changed | changed | changed |
| 9:15 | changed | | FLOOD | |
| 9:30 | | 9:15 - 10:15 | 9:30 - 11:30 Adventure | 9:30 - 11:30 Adventure |
| 9:45 | 9:30 - 10:30 | Inline | | |
| 10:00 | ICE | Jessica | | |
| 10:15 | | changed | | |
| 10:30 | changed | FLOOD | | |
| 10:45 | | | | |
| 11:00 | classroom/lunch | 10:45 - 11:45 | | |
| 11:15 | | ICE | | |
| 11:30 | changed | | | |
| 11:45 | | changed | | |
| 12:00 | 11:45 - 12:45 | Dryland Warm Down | Classroom Mental | Classroom Mental |
| 12:15 | ICE | 12:00 - 12:30 | lunch | lunch |
| 12:30 | Jessica | | changed, skates | changed, skates |
| 12:45 | changed | 12:30 - 1:45 | | FLOOD |
| 13:00 | | Classroom | | |
| 13:15 | Dryland | lunch | 1:00 - 2:00 | 1:00 - 2:00 |
| 13:30 | 1:15 - 2:15 | | ICE | Inline |
| 13:45 | | changed | | |
| 14:00 | Jessica | | changed | changed |
| 14:15 | 2:15 - 2:45 | 2:00 - 3:00 | 2:15 - 2:45 | 2:15 - 2:45 |
| 14:30 | Games with other groups | ICE | Games with other groups | Games with other groups |
| 14:45 | Jessica | | Jessica | Jessica |
| 15:00 | MATS OFF | MATS OFF | MATS OFF | MATS OFF |
| 15:15 | GROUP PHOTO!!! | | | |
| 15:30 | | | | |