



FRIDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

FOOTBALL FIELD

MAIN FIELD

ENDZONE

8am
9am
10am
11am
12pm
1pm
2pm
3pm
4pm
5pm
6pm
7pm
8pm

MEN'S TEAM III
9:00 – 12:12

MASTERS & TEENS
9:00 – 10:44

WOMEN'S TEAM III
9:00 – 1:00

MEN'S TEAM III
10:30 – 3:40

PRO INDIVIDUALS
12:57 – 1:58

WOMEN'S TEAM III
1:07 – 3:41

MASTERS & TEENS
1:20 – 4:10

PRO TEAM OF 4
2:20 – 2:58

WOMEN'S TEAM III
3:18 – 6:27

MEN'S TEAM III
3:55 – 6:55

PRO INDIVIDUALS
4:50 – 5:55

PRO TEAM OF 4
6:35 – 6:55

WORKOUT FOR VOLUNTEERS
7:30 – 8:15

// COMMUNITY WORKOUT AREA //

OPEN GYM
10:00am – 12:00pm

SPECTATOR WORKOUT
12:30pm – 1:15pm

OPEN GYM
1:30pm – 4:00pm

SPECTATOR WORKOUT
4:30pm – 5:15pm



SATURDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

FOOTBALL FIELD

MAIN FIELD

ENDZONE

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

SUNRISE YOGA
7:30am – 8:00am

MEN'S TEAM III
9:00 – 11:12

PRO TEAM OF 4
9:00 – 10:12

MASTERS & TEENS
9:30 – 11:14

WOMEN'S TEAM III
8:30 – 1:40

MASTERS & TEENS
11:21 – 2:09

MEN'S TEAM III
10:30 – 12:54

PRO TEAM OF 4
11:45 – 12:25

PRO INDIVIDUALS
2:15 – 3:27

WOMEN'S TEAM III
1:54 – 4:06

MEN'S TEAM III
1:25 – 5:25

PRO TEAM OF 4
3:45 – 4:23

MASTERS & TEENS
4:10 – 5:57

WOMEN'S TEAM III
4:40 – 6:59

PRO INDIVIDUALS
6:30 – 7:09

// COMMUNITY WORKOUT AREA //

SPECTATOR WORKOUT 9:00am – 9:45am	OPEN GYM 10:00am – 12:00pm	SPECTATOR WORKOUT 12:30pm – 1:15pm	OPEN GYM 1:30pm – 6:00pm
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SUNDAY



HALENBECK FIELD HOUSE

NATIONAL HOCKEY CENTER

FOOTBALL FIELD

7am

SUNRISE YOGA
7:00am – 7:30am

8am

MASTERS & TEENS
8:00 – 10:24

WOMEN'S TEAM III
8:00 – 10:56

PRO TEAM OF 4
8:00 – 8:24

9am

MEN'S TEAM III
8:48 – 12:12

10am

11am

PRO INDIVIDUALS
10:40 – 11:40

MEN'S TEAM III
11:12 – 2:48

12pm

PRO TEAM OF 4
12:20 – 1:00

1pm

WOMEN'S TEAM III
12:52 – 3:59

2pm

MASTERS & TEENS
1:20 – 3:16

3pm

PRO INDIVIDUALS
3:30 – 4:12

PRO TEAM OF 4
3:00 – 3:56

5pm

AWARDS CEREMONY @ NHC ENTRANCE
5:00 – 5:45

AFTER PARTY @ THE RED CARPET
8:00pm – 12:00am

// COMMUNITY WORKOUT AREA //
OPEN GYM
7:00am – 12:00pm