| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Hours | | _ |
|----------------|--------|---------|-----------|----------|--------|----------|--------|----------------|---------------------------|------|
| 8:00 | | | | | | | | 8:00 | | |
| 8:30 | | | | | | | | 8:30 | | 4 |
| 9:00 | | | | | | | | 9:00 | Free Programming | |
| 9:30 | | | | | | | | 9:30 | | |
| 10:00 | | | | | | | | 10:00 10:30 | | |
| 10:30 | | | | | | | | | Children / Youth | |
| 11:00 | | | | | | | | 11:00 11:30 | | |
| 11:30 | | | | | | | | 11:30 | | |
| 12:00 | | | | | | | | 12:00 | Adults | |
| 12:30 | | | | | | | | 12:30 | | |
| 13:00 | | | | | | | | 13:00 | | |
| 13:30 | | | | | | | | 13:30 | Junior C | |
| 14:00 | | | | | | | | 14:00 | Breakdown | |
| 14:30 | | | | | | | | 14:30 | Programming | 6.5 |
| 15:00 | | | | | | | | 15:00 | Non Prime Adults | 5 |
| 15:30 | | | | | | | | 15:30 | Prime Adults | 11 |
| 16:00 16:30 | | | | | | | | 16:00 | Junior C | 4 |
| 16:30 | | | | | | | | 16:30 | Minor Hockey | 19 |
| 17:00 | | | | | | | | 17:00 | Minor Hockey | 14.5 |
| 17:30 | | | | | | | | 17:30 | Minor Hockey | 4.5 |
| 18:00 | | | | | | | | 18:00 | Total per week | 64.5 |
| 18:30 | | | | | | | | 18:30 | Total per week (12 weeks) | 65.5 |
| 19:00 | | | | | | | | 19:00 19:30 | | |
| 19:30 | | | | | | | | 19:30 | | |
| 20:00 | | | | | | | | 20:00 | | |
| | | | | | | | | 20:30 | | |
| 21:00 | | | | | | | | 21:00 | | |
| 21:30 | | | | | | | | 21:30 22:00 | | |
| 21:30 22:00 | | | | | | | | | | |
| 22:30 | | | | | | | | 22:30 | | |