

| 35 | Maanantai 28.08.2023 | Tiistai 29.08.2023 | Keskiviikko 30.08.2023 | Torstai 31.08.2023 | Perjantai 01.09.2023 | Lauantai 02.09.2023 | Sunnuntai 03.09.2023 |
|-------------|-------------------------|-----------------------|---------------------------|-----------------------|-------------------------|------------------------|-------------------------|
| 07.00-07.30 | | | | | | | |
| 07.30-08.00 | | | | | | | |
| 08.00-08.30 | | | | | | | |
| 08.30-09.00 | | | | | | | |
| 09.00-09.30 | | | | | | | |
| 09.30-10.00 | | | | | | | |
| 10.00-10.30 | | | | | | Ring B turn. | Yleisöluistelu |
| 10.30-11.00 | | | | | | o | o |
| 11.00-11.30 | | | | | | o | U8 / U10 / LKK |
| 11.30-12.00 | | | | | | o | o |
| 12.00-12.30 | | | | | | o | o |
| 12.30-13.00 | | | | | | o | TL |
| 13.00-13.30 | | | | | | o | o |
| 13.30-14.00 | | | | | | o | o |
| 14.00-14.30 | | | | | TL | o | o |
| 14.30-15.00 | | | | | o | o | o |
| 15.00-15.30 | IP-jää | | IP-jää | | | o | o |
| 15.30-16.00 | o | | o | | | o | U18 - VG |
| 16.00-16.30 | U13 / U14 | Ring D | o | | | o | o |
| 16.30-17.00 | o | o | U10 / U8 | TL | | o | o |
| 17.00-17.30 | U10 / U8 | TL | o | o | U12 | o | o |
| 17.30-18.00 | o | o | o | o | o | o | o |
| 18.00-18.30 | U12 | Ring E | U13 / U14 | Ring F / E | U13 / U14 | o | |
| 18.30-19.00 | o | o | o | o | o | o | |
| 19.00-19.30 | U15 | TL | U12 | Ring D - Lukko | U15 / U18 | o | |
| 19.30-20.00 | o | o | o | o | o | o | |
| 20.00-20.30 | U 18 | Ring N | U15 | o | ED | | |
| 20.30-21.00 | o | o | o | Ring N | o | | |
| 21.00-21.30 | Ring N | ED | | o | | | |
| 21.30-22.00 | o | o | | | | | |
| 22.00-22.30 | | | | | | | |