| | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Semaine** | **Jour** | **Date** | **Départ Montréal** | **États Unis New-York** | **Brésil Rio de Janero** | **Afrique du Sud Johannesburg** | **Espagne Madrid** | **Irlande Dublin** | **France Paris** | **Vienne Autriche** | **Entracte** | **Allemagne Berlin** | **Synchro Voyage Avion** | **Grèce Athènes** | **Madagascar Tananarive** | **Inde New Delhi** | **Voyage Bateau** | **Australie Sydney** | **Corée du Sud Séoul** | **Japon Tokyo** | **États Unis Honolulu** | **États Unis Santa Cruz** | **Retour Montréal** |
| | | | **Nicole / Clodie** | **Raphaëlle / Maud** | **Geneviève / Nicole** | **Émilie / Léa / Léane** | **Samuel** | **Samuel** | **Nicole** | **Geneviève** | | **Pénélope** | **Geneviève** | **Justine** | **Maëllie / Raphaëlle / Maud** | **Nicole** | **Marie-Claude** | **Pénélope** | **Clodie** | **Émilie / Léa / Léane** | **Marie-Claude** | **Justine** | **Melanie** |
| | | | **Star** | **PP1** | **Star6+** | **PP2** | **Star3-4** | **PP3 SP** | **Star1-2** | **Valse** | | **Star5+** | **Synchro** | **SP Star1-2** | **PP1** | **Star3+** | **Dévelop.** | **LAURÉATS** | **Star3-4** | **PP2** | **AP** | **PP3-SP** | **Star5+** |
| **1** | Lundi | 2023-03-06 | | | 18h-18h50 | | | | 16h30-17h15 | | | | | 17h15-18h | | | | | | | | | |
| | Mardi | 2023-03-07 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-03-08 | | | | | | | | 18h-18h50 | | 17h15-18h | | | | | | | 16h30-17h15 | | | | |
| | Jeudi | 2023-03-09 | | 17h45-18h45 | | 17h45-18h45 | | | | | | | 18h45-19h50 | | 17h45-18h45 | | 17h00-17h45 | | | 17h45-18h45 | | | |
| | Vendredi | 2023-03-10 | | | | | 17h55-18h50 | 17h-17h55 | | | | | | | | | | | | | | | |
| **2** | Samedi | 2023-03-11 | | | | | | | | | | | | | | | | | | | | | |
| | Dimanche | 2023-03-12 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-03-13 | | | 18h-18h50 | | | | 16h30-17h15 | | | | | 17h15-18h | | | | | | | | | |
| | Mardi | 2023-03-14 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-03-15 | | | | | | | | 18h-18h50 | | 17h15-18h | | | | | | | 16h30-17h15 | | | | |
| | Jeudi | 2023-03-16 | | 17h45-18h45 | | 17h45-18h45 | | | | | | | 18h45-19h50 | | 17h45-18h45 | | 17h00-17h45 | | | 17h45-18h45 | | | |
| | Vendredi | 2023-03-17 | | | | | 18h-18h50 | 17h-17h50 | | | | | | | | | | | | | | | |
| **3** | Samedi | 2023-03-18 | 8h15-9h(Star1-2)<br>9h-9h45(Star3-4)<br>10h40-11h25(Star5+) | | | | | | | | | | | | | 9h45-10h30 | | | | | 11h25-12h05 | | |
| | Dimanche | 2023-03-19 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-03-20 | | | 18h-18h50 | | | | 16h30-17h15 | | | | | 17h15-18h | | | | | | | | | |
| | Mardi | 2023-03-21 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-03-22 | | | | | | | | 18h-18h50 | | 17h15-18h | | | | | | | 16h30-17h15 | | | | |
| | Jeudi | 2023-03-23 | | 17h45-18h45 | | 17h45-18h45 | | | | | | | 18h45-19h50 | | 17h45-18h45 | | 17h00-17h45 | | | 17h45-18h45 | | | |
| | Vendredi | 2023-03-24 | | | | | 18h-18h50 | 17h-17h50 | | | | | | | | | | | | | | | |
| **4** | Samedi | 2023-03-25 | 8h15-9h(Star1-2)<br>9h-9h45(Star3-4)<br>10h40-11h25(Star5+) | | | | | | | | | | | | | 9h45-10h30 | | | | | 11h25-12h05 | | |
| | Dimanche | 2023-03-26 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-03-27 | | | 18h-18h50 | | | | 16h30-17h15 | | | | | 17h15-18h | | | | | | | | | |
| | Mardi | 2023-03-28 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-03-29 | | | | | | | | 18h-18h50 | | 17h15-18h | | | | | | | 16h30-17h15 | | | | |
| | Jeudi | 2023-03-30 | | | | | | | | | | | | | | | | | | | | | |
| | Vendredi | 2023-03-31 | | | | | 18h-18h50 | 17h-17h50 | | | | | | | | | | | | | | | |
| **5** | Samedi | 2023-04-01 | 8h15-9h(Star1-2)<br>9h-9h45(Star3-4)<br>10h40-11h25(Star5+) | | | | | | | | | | | | | 9h45-10h30 | | | | | 11h25-12h05 | | |
| | Dimanche | 2023-04-02 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-04-03 | | | | | | | | | | | | | | | | | | | | | |
| | Mardi | 2023-04-04 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-04-05 | | | | | | | | | | | | | | | | | | | | | |
| | Jeudi | 2023-04-06 | | | | | | | | | | | | | | | | | | | | | |
| | Vendredi | 2023-04-07 | | | | | | | | | | | | | | | | | | | | | |
| **6** | Samedi | 2023-04-08 | | | | | | | | | | | | | | | | | | | | | |
| | Dimanche | 2023-04-09 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-04-10 | | | 19h30-20h20 | | | | 18h-18h45 | | | | | 18h45-19h30 | | | | | | | | | |
| | Mardi | 2023-04-11 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-04-12 | | | | | | | | 19h55-20h50 | | 19h-19h55 | | | | | | | | | | | |
| | Jeudi | 2023-04-13 | | 17h45-18h45 | | 17h45-18h45 | | | | | | | 18h45-19h50 | | 17h45-18h45 | | 17h00-17h45 | | | 17h45-18h45 | | | |
| | Jeudi | 2023-04-13 | | | | | | | | | | | | | | | | | 19h-19h55 | | | | |
| | Vendredi | 2023-04-14 | | | | | 19h25-20h20 | 18h30-19h25 | | | | | | | | | | | | | | | |

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| 7 | Samedi | 2023-04-15 | 8h30-9h15(Star1-2)<br>9h15-10h(Star3-4)<br>10h55-11h40(Star5+) | | | | | | | | | | | | | 10h-10h45 | | | | | 11h40-12h20 | | |
| | Dimanche | 2023-04-16 | | 9h-11h | | 9h-11h | | | | | | | | | 9h-11h | | | 8h15 - 9h | | 9h-11h | | 7h30-8h15 | 11h10-12h20 |
| | Lundi | 2023-04-17 | | | | | | | | | | | | | | | | | | | | | |
| | Mardi | 2023-04-18 | | | | | | | | | | | | | | | | | | | | | |
| | Mercredi | 2023-04-19 | | | | | | | | | | | | | | | | | | | | | |
| | Jeudi | 2023-04-20 | | | | | | | | | | | | | | | | | | | | | |
| | Vendredi | 2023-04-21 | | | | | | | | | | | | | | | | | | | | | |
| | Samedi | 2023-04-22 | | | | | | | | | | | | | | | | | | | | | |