Grand Prix Final 2026 Viewing Sheet, Dec. 10–12

Senior segments and the exhibition in ET, from Chongqing

THURSDAY, DEC. 10

ET	CT	MT	PT	SHANGHAI TIME	EVENT	MY NOTES
5:05 a.m.	4:05 a.m.	3:05 a.m.	2:05 a.m.	Dec. 10, 6:05 p.m.	**Senior men short program**	
6:10 a.m.	5:10 a.m.	4:10 a.m.	3:10 a.m.	Dec. 10, 7:10 p.m.	**Senior women short program**	
8:30 a.m.	7:30 a.m.	6:30 a.m.	5:30 a.m.	Dec. 10, 9:30 p.m.	**Senior ice dance rhythm dance**	

FRIDAY, DEC. 11

ET	CT	MT	PT	SHANGHAI TIME	EVENT	MY NOTES
5:40 a.m.	4:40 a.m.	3:40 a.m.	2:40 a.m.	Dec. 11, 6:40 p.m.	**Senior pairs short program**	
6:55 a.m.	5:55 a.m.	4:55 a.m.	3:55 a.m.	Dec. 11, 7:55 p.m.	**Senior men free skate**	
8:10 a.m.	7:10 a.m.	6:10 a.m.	5:10 a.m.	Dec. 11, 9:10 p.m.	**Senior ice dance free dance**	

SATURDAY, DEC. 12

ET	CT	MT	PT	SHANGHAI TIME	EVENT	MY NOTES
4:35 a.m.	3:35 a.m.	2:35 a.m.	1:35 a.m.	Dec. 12, 5:35 p.m.	**Senior pairs free skate**	
6:25 a.m.	5:25 a.m.	4:25 a.m.	3:25 a.m.	Dec. 12, 7:25 p.m.	**Senior women free skate**	
8 a.m.	7 a.m.	6 a.m.	5 a.m.	Dec. 12, 9 p.m.	**Exhibition**	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). Shanghai time: the time where the event takes place, as the source gives it. Times are converted from the start time the source gives.

Not yet confirmed

U.S. broadcaster: Not yet announced; check NBC Sports

My notes

Source: International Skating Union, Grand Prix Final 2026 time schedule dated Nov. 3, 2026 (subject to change). Broadcasters not yet announced.