



NATIONAL DEVELOPMENT SCHEDULE 2024-2025

NATIONAL DEV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-7:30am UC	5:30-7:30am UC		5:30-7:30am UC	7:15-9:15am UC
						Possible Weights TBA
	5:45-7:15pm UC	4:00-5:30pm UC		4:00-5:30pm UC	5:45-7:30pm UC	
	Possible Weights TBA	Possible Weights TBA		Weights 5:45-7:00pm		

* The group will do a second weights session on one of the 3 days listed above once we get confirmation of space.

JR NATIONAL DEV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-7:30am UC		5:30-7:30am UC		5:30-7:15am UC
						Dryland 7:15-8:15am
	4:00-5:45pm UC		4:00-6:00pm UC	6:00-7:00pm UC	4:00-5:45pm UC	
	Dryland 5:45-6:20pm			Dryland 5:00-6:00pm		