



## NATIONAL DEVELOPMENT SCHEDULE 2023-2024

NATIONAL DEV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-7:00am UC	5:30-7:30am UC		5:30-7:30am UC	7:15-9:15am UC
	Weights 5:00-5:45pm					
	5:45-7:15pm UC	4:00-6:00pm UC		4:00-5:30pm UC	4:00-5:45pm UC	
					Weights 5:45-7:00pm	

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