



## Edmonton Keyano

### Christmas Training Camp 2025-26

	Mon Dec 22	Tue Dec 23	Wed Dec 24	Thu Dec 25	Fri Dec 26	Sat Dec 27	Sun Dec 28
Sr Nat	6:00-8:00am 4:30-6:30pm	Off	Christmas Eve OFF	Christmas Day OFF	Boxing Day OFF	8:00-10:00am	7:15-9:15am 2:45-4:45pm
Jr Nat	Off	Off				3:00-5:00pm	4:45-6:45pm
Sr Prov	Off	Off				Off	Off
Jr Prov	Off	Off				Off	Off

	Mon Dec 29	Tue Dec 30	Wed Dec 31	Thu Jan 1	Fri Jan 2	Sat Jan 3	Sun Jan 4
Sr Nat	noon-2:00pm 2:00-3:00pm weights	7:45-9:45am 2:45-4:45pm	9:45-11:45am	New Year's Day OFF	7:30-9:30am 2:30-4:30pm 4:30-5:30pm weights	6:45-8:45am	
Jr Nat	7:30-9:30am 2:00-4:00pm	12:45-2:45pm	7:45-9:45am		10:30-12:30pm	6:45-8:45am 3:15-5:15pm	
Sr Prov	10:30-noon	9:45-11:45am	9:45-11:45am		10:30-12:30pm	10:45-12:45pm	
Jr Prov	10:30-noon	9:45-11:45am	7:45-9:45am		11:30-1:00pm	10:45-12:45pm	
Gold						12:00-12:45pm Dryland 12:45-2:15pm	