



NATIONAL SCHEDULE 2023-2024

| NATIONAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|----------------|----------------|----------------|----------------|------------------------|----------------|
| | 5:30-7:30am UC | | | 5:30-7:30am UC | | 5:30-7:15am UC |
| | | | | | | |
| | | | | | Weights 2:30-4:00pm | |
| | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | |
| | | Weights* | | | | |

*Tuesday Weights will be 2:30-3:45 or 6:00-7:00 depending on the week. Please see Monthly calendars.

| JR NATIONAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|----------------|----------------|----------------|------------------------|----------------|-------------------------|
| | 5:30-7:30am UC | | | 5:30-7:30am UC | | 5:30-7:15am UC |
| | | | | | | *Weights 7:30-8:30am |
| | | | | | | |
| | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | 4:00-6:00pm UC | |
| | | | | Weights 6:00-7:00pm | | |

*Saturday weights will shift to Tuesday PM when possible. Please see Monthly calendars.