

Junior National Development Training Schedule 2026-2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-7:30am			5:30-7:30am		5:30-7:30am
					Weights 7:30-9:00am
4:00-5:30pm	4:00-5:30pm	6:00-7:30pm		4:00-5:45pm	
Dry 5:30-6:00	Dry 5:45-6:30				

All practices at University of Calgary