



## JUNIOR NATIONAL DEVELOPMENT SCHEDULE 2025-2026

JR NATIONAL DEV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7:30am UC			5:30-7:30am UC		5:30-7:30am UC
						Weights 7:30-9:00am
	4:00-5:30pm UC	4:00-5:30pm UC	6:00-7:30pm UC		4:00-5:45pm UC	
	Dry 5:30-6:00pm	*Tues/Wed Dryland TBC				