

National Group Training Schedule 2026-2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7:30am		5:30-7:30am		5:30-7:15am
				Weights 2:30-4:00pm	
4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-5:45pm	4:00-6:00pm	
Weights 6:00-7:00pm	Weights TBA			Weights 6:00-7:00pm	

All practices at University of Calgary

Updated Sept 2, 2026