

National Development Training Schedule 2026-2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-7:30am	5:30-7:30am			5:30-7:30am	7:30-9:15am
					Weights 9:15-10:15am
	Weights 5:00-6:00pm		Dryland/Weights TBA		
	6:00-7:30pm	4:00-5:30pm	4:00-5:30pm	6:00-7:30pm	

All practices at University of Calgary
Updated Sept 2, 2026