

# Youth National Development Training Schedule 2026-2027

| MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY | FRIDAY                         | SATURDAY       |
|----------------|----------------|----------------|----------|--------------------------------|----------------|
|                |                | 5:30-7:30am UC |          |                                |                |
|                |                |                |          |                                |                |
|                |                |                |          | <b>Weights<br/>4:45-5:45pm</b> |                |
| 6:00-7:30pm UC | 4:00-6:00pm CH | 5:30-7:30pm UC |          | 5:45-7:30pm UC                 | 1:00-3:00pm UC |

UC - University of Calgary / CH - Churchill

**Updated Sept 2, 2026**