



## YOUTH NATIONAL DEVELOPMENT SCHEDULE 2025-2026

YTH NATIONAL DEV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30-7:30am UC			
	Dryland 5:00-6:00pm				Weights 4:45-5:45pm	
	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