**Nationals**

Monday

6:00-8:00 am

Tuesday

 6:00-8:00 am

*Double* 4-5:30

Wednesday

 6:30-8:00 am

Thursday

6:00-8:00 am

Friday

6:15-8:00 am @ UNO

Saturday

7:45 am @ STM

**Group 4**

Monday

7:30-9:00 am

4:45-6:00 pm w/ Group 3

Tuesday

7:30-9:00 am

Wednesday

4:45-6:00 pm

Thursday

7:30-9:00 am

4:45-6:00 pm w/ Group 3

Friday

6:30-8:00am @UNO

Saturday

8:00 am @ STM

**Group 3**

Monday

7:45-9:00 am **or**

4:45-6:00 pm

Tuesday

7:45-9:00 am

Wednesday

4:45-6:00 pm

Thursday

7:45 am ***or***

4:45-6:00 pm

Saturday

8:00-9:15 am

**Group 2**

Monday

6:00-7:00 pm

Wednesday

6:00-7:00 pm

Thursday

6:00-7:00 pm

Saturday

8:00-9:15 am

\*ALL at STM

**Group 1**

Monday

6:00-7:00 pm

Wednesday

6:00-7:00 pm

Thursday

6:00 – 7:00 pm

\*ALL at STM