



## **2026 NKU Fall Schedule**

*Starts 9/1 (The schedule is subject to change in order to best serve the needs of all groups)*

|                                       | Monday                        | Tuesday                                    | Wednesday                     | Thursday                                   | Friday                         | Saturday @Keating                                        |
|---------------------------------------|-------------------------------|--------------------------------------------|-------------------------------|--------------------------------------------|--------------------------------|----------------------------------------------------------|
| <b>SENIOR</b><br><b>Starts 9/8</b>    | Dyn 3:30p<br>Sw 3:45-5:45pm   | Dyn 3:30p<br>Sw 3:45-5:45pm<br>DL 6-6:45pm | Dyn 3:30p<br>Sw 3:45-5:45pm   | Dyn 3:30p<br>Sw 3:45-5:45pm<br>DL 6-6:45pm | Dyn 3:30p<br>Sw 3:45-5:45pm    |                                                          |
| <b>BLUE</b><br><b>Starts 9/8</b>      | Sw 7-8:45pm                   | DL 5-5:30pm<br>Sw 5:45-7:30 pm             | Sw 7-8:45pm                   | DL 5-5:30pm<br>Sw 5:45-7:15pm              | Sw 5:30-7:15 pm                |                                                          |
| <b>GOLD</b><br><b>Starts 9/14</b>     | DL 5:15-5:45pm<br>Sw 6-7:30pm | Sw 7-8:30 pm                               | Sw 5:30-7pm<br>DL 7:15-7:45pm | OFF                                        | Sw 7-8:30pm                    |                                                          |
| <b>SILVER</b><br><b>Starts 9/14</b>   | Sw 5:45-7pm<br>DL 7:15-7:45pm | Sw 5:45-7:00pm                             | DL 5-5:30pm<br>Sw 5:45-7pm    | Sw 7-8:15pm                                | OFF                            |                                                          |
| <b>BRONZE</b><br><b>Starts 9/14</b>   | DL 4:30-4:50pm<br>Sw 5-6pm    | OFF                                        | Sw 7-8pm                      | OFF                                        | DL 6:40-7:05<br>Sw 7:15-8:15pm |                                                          |
| <b>Seahorse</b><br><b>Starts 9/19</b> | OFF                           | OFF                                        | OFF                           | OFF                                        | OFF                            | <b>AT NKU</b><br>Group 1: 11am-12pm<br>Group 2: 12pm-1pm |

