

National Training Week Session Times

November 15-19, 2021

	<u>EST</u>	<u>CST</u>	<u>MST</u>	<u>PST</u>
Session 1	8:00 AM – 8:50 AM	7:00 AM – 7:50 AM	6:00 AM – 6:50 AM	5:00 AM – 5:50 AM
Session 2	9:00 AM – 9:50 AM	8:00 AM – 8:50 AM	7:00 AM – 7:50 AM	6:00 AM – 6:50 AM
Session 3	10:00 AM – 10:50 AM	9:00 AM – 9:50 AM	8:00 AM – 8:50 AM	7:00 AM – 7:50 AM
Session 4	11:00 AM – 11:50 AM	10:00 AM – 10:50 AM	9:00 AM – 9:50 AM	8:00 AM – 8:50 AM
Session 5	12:00 PM – 12:50 PM	11:00 AM – 11:50 AM	10:00 AM – 10:50 AM	9:00 AM – 9:50 AM
Midday Matinee	1:00 PM – 1:30 PM	12:00 PM – 12:30 PM	11:00 AM – 11:30 AM	10:00 AM – 10:30 AM
Session 6	2:00 PM – 2:50 PM	1:00 PM – 1:50 PM	12:00 PM – 12:50 PM	11:00 AM – 11:50 AM
Session 7	3:00 PM – 3:50 PM	2:00 PM – 2:50 PM	1:00 PM – 1:50 PM	12:00 PM – 12:50 PM
Session 8	4:00 PM – 4:50 PM	3:00 PM – 3:50 PM	2:00 PM – 2:50 PM	1:00 PM – 1:50 PM
Session 9	5:00 PM – 5:50 PM	4:00 PM – 4:50 PM	3:00 PM – 3:50 PM	2:00 PM – 2:50 PM
Session 10	6:00 PM – 6:50 PM	5:00 PM – 5:50 PM	4:00 PM – 4:50 PM	3:00 PM – 3:50 PM