

| Upward Game Schedule 2019 | | | | | | |
|----------------------------------|-------------|-----------------|-----------------|-----------------|-----------------|---------------------|
| | | Home Team | Visiting Team | Home Team | Visiting Team | |
| Date | Time | Court #1 | Court #1 | Court #2 | Court #2 | Cheerleaders |
| | | Red | Black | Red | Black | |
| 19-Jan | 8:00 | Lynx | Storm | Sparks | Mercury | |
| | 9:00 | Suns | Jazz | Celtics | Grizzlies | Spirit Stars |
| | 10:00 | Liberty | Wings | Sky | Comets | |
| | 11:00 | Bulls | Spurs | Pacers | Hornets | |
| | 12:00 | Trailblazers | Warriors | Lakers | Mavericks | |
| 26-Jan | 8:00 | Mavericks | Trailblazers | Warriors | Lakers | |
| | 9:00 | Grizzlies | Suns | Jazz | Celtics | |
| | 10:00 | Comets | Liberty | Wings | Sky | Spirit Stars |
| | 11:00 | Mercury | Lynx | Storm | Sparks | |
| | 12:00 | Hornets | Bulls | Spurs | Pacers | |
| 2-Feb | 8:00 | Spurs | Hornets | Pacers | Bulls | |
| | 9:00 | Jazz | Grizzlies | Suns | Celtics | |
| | 10:00 | Sky | Liberty | Comets | Wings | |
| | 11:00 | Warriors | Mavericks | Trailblazers | Lakers | Spirit Stars |
| | 12:00 | Storm | Mercury | Lynx | Sparks | |
| 9-Feb | 8:00 | Lynx | Storm | Sparks | Mercury | |
| | 9:00 | Suns | Jazz | Celtics | Grizzlies | Spirit Stars |
| | 10:00 | Comets | Sky | Wings | Liberty | |
| | 11:00 | Bulls | Spurs | Pacers | Hornets | |
| | 12:00 | Trailblazers | Warriors | Lakers | Mavericks | |
| 16-Feb | 8:00 | Mavericks | Trailblazers | Warriors | Lakers | |
| | 9:00 | Grizzlies | Suns | Jazz | Celtics | |
| | 10:00 | Sky | Wings | Liberty | Comets | Spirit Stars |
| | 11:00 | Mercury | Lynx | Storm | Sparks | |
| | 12:00 | Hornets | Bulls | Spurs | Pacers | |
| 23-Feb | 8:00 | Spurs | Hornets | Pacers | Bulls | |
| | 9:00 | Jazz | Grizzlies | Suns | Celtics | |
| | 10:00 | Liberty | Sky | Wings | Comets | |
| | 11:00 | Warriors | Mavericks | Trailblazers | Lakers | Spirit Stars |
| | 12:00 | Storm | Mercury | Lynx | Sparks | |
| 2-Mar | 8:00 | Lynx | Storm | Sparks | Mercury | |
| | 9:00 | Suns | Jazz | Celtics | Grizzlies | Spirit Stars |
| | 10:00 | Liberty | Wings | Sky | Comets | |
| | 11:00 | Bulls | Spurs | Pacers | Hornets | |
| | 12:00 | Trailblazers | Warriors | Lakers | Mavericks | |
| 9-Mar | 8:00 | Mavericks | Trailblazers | Warriors | Lakers | |
| | 9:00 | Jazz | Grizzlies | Suns | Celtics | |
| | 10:00 | Comets | Liberty | Wings | Sky | Spirit Stars |
| | 11:00 | Mercury | Lynx | Storm | Sparks | |
| | 12:00 | Hornets | Bulls | Spurs | Pacers | |