

12 A - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	6:00 - 7:15pm UofC	Dryland 5:00pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	6:00 - 7:30am CH	Dryland 5:00pm 6:00 - 7:15pm UofC	4:00 - 5:30pm UofC
8	9	10	11	12	13	14
NO Workout Happy Thanksgiving!		Dryland 5:00pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	6:00 - 7:00am CH	Dryland 5:00pm 6:00 - 7:15pm UofC	5:30 - 7:00pm UofC
15	16	17	18	19	20	21
6:00 - 7:15pm UofC		Dryland 5:00pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	6:00 - 7:00am CH	Team Champs - UofC	Fall Start Up - MNP
22	23	24	25	26	27	28
6:00 - 7:15pm UofC		Dryland 5:00pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	6:00 - 7:00am CH	No Workout	7:15am - 8:15am - UofC
29	30	31				
6:00 - 7:15pm UofC	Dryland 5:00pm 6:00 - 7:00pm UofC					

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)