

12 A - April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31-Mar Dryland 5:00pm 6:00 - 7:15pm UofC	1 6:00 - 7:00pm UofC	2 Dryland 5:00pm 6:00 - 7:15pm UofC	3 6:00am - 7:30am Churchill	4 6:00 - 7:30pm UofC	5 4:30 - 6:00pm UofC
6	7 Dryland 5:00pm 6:00 - 7:15pm UofC	8 6:00 - 7:00pm UofC	9 Dryland 5:00pm 6:00 - 7:15pm UofC	10 6:00am - 7:30am Churchill	11 6:00 - 7:30pm UofC	12 No workout
13	14 Dryland 5:00pm 6:00 - 7:15pm UofC	15 6:00 - 7:00pm UofC	16 Dryland 5:00pm 6:00 - 7:15pm UofC	17 6:00am - 7:30am Churchill	18 No workout	19 4:30 - 6:00pm UofC
20	21 No workout	22 6:00 - 7:00pm UofC	23 Dryland 5:00pm 6:00 - 7:15pm UofC	24 6:00am - 7:30am Churchill	25 6:00 - 7:30pm UofC	26 Spring Start Up
27 Spring Start Up	28 Dryland 5:00pm 6:00 - 7:15pm UofC	29 6:00 - 7:00pm UofC	30 Dryland 5:00pm 6:00 - 7:15pm UofC			

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