

12 A - December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Dryland 5:00pm 6:00 - 7:15pm UofC	3 6:00 - 7:00pm UofC	4 Dryland 5:00pm 6:00 - 7:15pm UofC	5 6:00am - 7:30am Churchill	6 6:00 - 7:30pm UofC	7 4:30 - 6:00pm UofC
8	9 Dryland 5:00pm 6:00 - 7:15pm UofC	10 6:00 - 7:00pm UofC	11 6:00 - 7:15pm UofC	12 No morning JP Fiset, Edmonton 6:00 - 7:00pm UofC	13 JP Fiset Invitationa, Edmonton 5:00 - 6:00pm UofC	14 JP Fiset Invitationa, Edmonton UCSC Holiday Classis
15 JP Fiset Invitationa, Edmonton UCSC Holiday Classis	16 No workout	17 6:00 - 7:00pm UofC	18 6:00 - 7:15pm UofC	19 6:00am - 7:30am Churchill	20 6:00 - 7:00pm UofC	21 Training Break (next work oiut January 6)
22 Training Break (next work oiut January 6)	23 Training Break (next work oiut January 6)	24 Training Break (next work oiut January 6)	25 Training Break (next work oiut January 6)	26 Training Break (next work oiut January 6)	27 Training Break (next work oiut January 6)	28 Training Break (next work oiut January 6)
29 Training Break (next work oiut January 6)	30 Training Break (next work oiut January 6)	31 Training Break (next work oiut January 6)				

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