

12 A - January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00 - 7:00pm UofC	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00am - 7:30am Churchill	6:00 - 7:30pm UofC	4:30 - 6:00pm UofC
12	13	14	15	16	17	18
	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00 - 7:00pm UofC	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00am - 7:30am Churchill	6:00 - 7:30pm UofC	4:30 - 6:00pm UofC
19	20	21	22	23	24	25
	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00 - 7:00pm UofC	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00am - 7:30am Churchill	AB Winter Festival 6:00 - 7:30pm UofC	AB Winter Festival 4:30 - 6:00pm UofC
26	27	28	29	30	31	
AB Winter Festival	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00 - 7:00pm UofC	Dryland 5:00pm 6:00 - 7:15pm UofC	6:00am - 7:30am Churchill	UCSC GP	

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