

12 B - December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Dryland - 5pm 6:00 - 7:15pm UofC	2  6:00am - 7:30am Churchill	3  6:00 - 7:15pm UofC	4  Dryland - 5pm 6:00 - 7:00pm UofC	5  6:00 - 7:30pm UofC	6  4:30 - 6:00pm UofC	7
8  Dryland - 5pm 6:00 - 7:15pm UofC	9  6:00am - 7:30am Churchill	10  6:00 - 7:15pm UofC	11  JP Fiset, Edmonton 6:00 - 7:00pm UofC	12  JP Fiset Invitationa, Edmonton 5:00 - 6:00pm UofC	13  JP Fiset Invitationa, Edmonton UCSC Holiday Classis	14
15  JP Fiset Invitationa, Edmonton UCSC Holiday Classis	16  No workout	17  6:00am - 7:30am Churchill	18  6:00 - 7:15pm UofC	19  Dryland - 5pm 6:00 - 7:00pm UofC	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)