

12 B - January 2025

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

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