

12 B - October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00am - 7am Churchill	6:00 - 7:15pm UofC	Dryland - 5pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	4:30pm - 6:00pm
6	Dryland - 5pm 6:00 - 7:15pm UofC	6:00am - 7am Churchill	6:00 - 7:15pm UofC	Dryland - 5pm 6:00 - 7:00pm UofC	6:00 - 7:15pm UofC	4:30pm - 6:00pm
13	No workout Thanksgiving	6:00am - 7am Churchill	6:00 - 7:15pm UofC	Dryland - 5pm 6:00 - 7:00pm UofC	UCSC Team Champs UofC	Fall Start Up - MNP
20	Dryland - 5pm 6:00 - 7:15pm UofC	6:00am - 7am Churchill	6:00 - 7:15pm UofC	Dryland - 5pm 6:00 - 7:00pm UofC	No workout	5:00pm - 6:00pm
27	Dryland - 5pm 6:00 - 7:15pm UofC	6:00am - 7am Churchill	6:00 - 7:15pm UofC	No workout Halloween		

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