

12 B - October 25						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Dryland 5:00pm 6:00 - 7:00pm UofC	2 4:00 - 6:00pm CH	3 Dryland 5:40pm 6:45 - 7:30pm UofC	4 4:30 - 6:00pm UofC
5	6 6:00 - 7:00am CH  6:00 - 7:30pm UofC	7	8 Dryland 5:00pm 6:00 - 7:00pm UofC	9 4:00 - 6:00pm CH	10 Dryland 5:40pm 6:45 - 7:30pm UofC	11 4:30 - 6:00pm UofC
12	13 6:00 - 7:00am CH  6:00 - 7:30pm UofC	14	15 Dryland 5:00pm 6:00 - 7:00pm UofC	16 4:00 - 6:00pm CH	17 Team Champs 1	18 Fall Start up
19	20 6:00 - 7:00am CH  6:00 - 7:30pm UofC	21	22 Dryland 5:00pm 6:00 - 7:00pm UofC	23 4:00 - 6:00pm CH	24 Dryland 5:40pm 6:45 - 7:30pm UofC	25 4:30 - 6:00pm UofC
26	27 6:00 - 7:00am CH  6:00 - 7:30pm UofC	28	29 Dryland 5:00pm 6:00 - 7:00pm UofC	30 4:00 - 6:00pm CH	31 No workout	

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