

12 B - September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Training Break	2 Training Break	3 Training Break	4 Training Break	5 Training Break	6 Training Break
7 Training Break	8	9 NO workout 6:00 - 7:30pm UofC	10 Dryland 5:00pm 6:00 - 7:00pm UofC	11 4:00 - 6:00pm CH	12 Dryland 5:40pm 6:45 - 7:30pm UofC	13 UCSC Family BBQ - 10:45am - 1:30pm Bowness Park (Site 3 and 4)
14	15	16 NO workout 6:00 - 7:30pm UofC TEAM Photo: 6:15pm	17 Dryland 5:00pm 6:00 - 7:00pm UofC	18 4:00 - 6:00pm CH	19 Dryland 5:40pm 6:45 - 7:30pm UofC	20 NO workout
21	22	23 6:00 - 7:30am CH 6:00 - 7:30pm UofC	24 Dryland 5:00pm 6:00 - 7:00pm UofC	25 4:00 - 6:00pm CH	26 Dryland 5:40pm 6:45 - 7:30pm UofC	27 NO workout
28	29	30 Truth and Reconciliation Day NO workout				

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