

12 C - January 2025

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

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