

12 C - October 2024

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

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