

12 C - 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 Dryland 5:00pm 6:00 - 7:30pm UofC	9	10 5:00 - 6:00pm SD	11 NO workout  Dryland 5:00pm 6:00 - 7:00pm UofC	12 6:00 - 7:30pm UofC	13 UCSC Family BBQ - 10:45am - 1:30pm Bowness Park (Site 3 and 4)
14	15 Dryland 5:00pm 6:00 - 7:30pm UofC Team Photo: 5:30pm	16	17 5:00 - 6:00pm SD	18 NO workout  Dryland 5:00pm 6:00 - 7:00pm UofC	19 6:00 - 7:30pm UofC	20 NO workout
21	22 Dryland 5:00pm 6:00 - 7:30pm UofC	23	24 5:00 - 6:00pm SD	25 6:00 - 7:30am CH  Dryland 5:00pm 6:00 - 7:00pm UofC	26 6:00 - 7:30pm UofC	27 NO workout
28	29 Dryland 5:00pm 6:00 - 7:30pm UofC	30				

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