

12 D - December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	4 Dryland - 5pm 6:00 - 7:15pm UofC	5 6:00 - 7:00pm UofC	6 Dryland - 5pm 6:00 - 7:30pm UofC	7 4:30 - 6:00pm UofC
8	9	10 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	11 Dryland - 5pm 6:00 - 7:15pm UofC	12 6:00 - 7:00pm UofC	13 5:00 - 6:00pm UofC	14 UCSC Holiday Classis
15 UCSC Holiday Classis	16	17 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	18 Dryland - 5pm 6:00 - 7:15pm UofC	19 6:00 - 7:00pm UofC	20 6:00 - 7:00pm UofC	21 Training Break (next work oiut January 6)
22 Training Break (next work oiut January 6)	23 Training Break (next work oiut January 6)	24 Training Break (next work oiut January 6)	25 Training Break (next work oiut January 6)	26 Training Break (next work oiut January 6)	27 Training Break (next work oiut January 6)	28 Training Break (next work oiut January 6)
29 Training Break (next work oiut January 6)	30 Training Break (next work oiut January 6)	31 Training Break (next work oiut January 6)				

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