

12 D - January 2025

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

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