

12 D - October 2025

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

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