

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	6	7	8	9	10
		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00 - 6:00pm FH		TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
12	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	13	14	15	16	17
		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00 - 6:00pm FH		TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
19	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	20	21	22	23	24
		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00 - 6:00pm FH		TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
26	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	27	28	29	30	
SA Winter Festival at Kinsmen in Edmonton		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00 - 6:00pm FH		

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