


# Provincial Lite - January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 <b>WINTER BREAK</b> <span style="background-color: yellow; display: inline-block; padding: 2px;">New Year's Day</span>			
5	6	7	8	9	10	11
<b>WINTER BREAK</b>		3:45pm Activation 4:00 - 6:00pm CH	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	2:15pm Activation 2:30 - 4:30pm UofC
12	13	14	15	16	17	18
9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)		3:45pm Activation 4:00 - 6:00pm CH	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	2:15pm Activation 2:30 - 4:30pm UofC
19	20	21	22	23	24	25
9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)		3:45pm Activation 4:00 - 6:00pm CH	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	2:15pm Activation 2:30 - 4:30pm UofC
26	27	28	29	30	31	
9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)		3:45pm Activation 4:00 - 6:00pm CH	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		OFF	
					UCSC Grand Prix	

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