

Provincial Lite - May 2025

Updated Apr 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2) 6:00 - 7:30pm UofC	2:15pm Activation 2:30 - 4:30pm UofC
4	5	6	7	8	9	10
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
11	12	13	14	15	16	17
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		3:45pm Activation 4:00 - 6:00pm UofC 6:00 - 7:00pm Weights	2:15pm Activation 2:30 - 4:30pm UofC
18	19	20	21	22	23	24
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	OFF		4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	2:45pm Activation 3:00 - 5:00pm UofC
	Victoria Day		UCSC Awards Banquet			
25	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		4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	2:15pm Activation 2:30 - 4:30pm UofC
					CSI 2025	CSI 2025

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