

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1	2 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC	
3	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	4	5	6	7	8	9 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
10	REMEMBRANCE DAY no practice	11	12	13	14	15	16 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
17	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	18	19	20	21	22	23 NOVEMBER INVITE at U of C
24	NOVEMBER INVITE at U of C	25	26	27	28	29	30 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC

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