

TREX Training Schedule 2026-2027

TREX A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00-5:00pm FH	5:00-6:00pm FH	OFF	5:20-6:00pm FH 5:00-5:20pm DL	OFF	3:00-4:30pm UC
TREX B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-6:00pm FH	OFF	4:00-5:00pm FH	4:40-5:20pm FH 4:20-4:40pm DL	OFF	3:00-4:30pm UC
TREX C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OFF	4:00-5:00pm FH	5:00-6:00pm FH	4:00-4:40pm FH 4:40-5:00pm DL	OFF	3:00-4:30pm UC

UC - University of Calgary / FH – Foothills / DL – Dryland Training Time