

12 A - September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Summer Break - No workout	2 Summer Break - No workout	3 Summer Break - No workout	4 Summer Break - No workout	5 Summer Break - No workout	6 Summer Break - No workout	7 Summer Break - No workout
8 Summer Break - No workout	9 6:00 - 7:15pm UofC	10 6:00 - 7:00pm UofC	11 Dryland 5:00pm 6:00 - 7:15pm UofC	12 No workout	13 6:00 - 7:15pm UofC	14 No workout <b>TEAM BBQ</b>
15 Dryland 5:00pm 6:00 - 7:15pm UofC	16 6:00 - 7:00pm UofC	17 6:00 - 7:00pm UofC	18 Dryland 5:00pm 6:00 - 7:15pm UofC	19 No workout	20 6:00 - 7:15pm UofC	21 4:30 - 6:00pm UofC
22 Dryland 5:00pm 6:00 - 7:15pm UofC	23 No workout	24 No workout	25 Dryland 5:00pm 6:00 - 7:15pm UofC	26 No workout	27 6:00 - 7:15pm UofC	28 4:30 - 6:00pm UofC

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