

12 A - September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Summer Break - No workout
10 Summer Break - No workout	11 6:00 - 7:15pm UofC	12 Dryland 5:00pm 6:00 - 7:00pm UofC	13 6:00 - 7:15pm UofC	14 No workout	15 6:00 - 7:15pm UofC	16 No workout TEAM BBQ
17 6:00 - 7:15pm UofC	18 6:00 - 7:15pm UofC	19 Dryland 5:00pm 6:00 - 7:00pm UofC	20 6:00 - 7:15pm UofC	21 No workout	22 No workout	23 No workout
24 6:00 - 7:15pm UofC	25 6:00 - 7:15pm UofC	26 Dryland 5:00pm 6:00 - 7:00pm UofC	27 6:00 - 7:15pm UofC	28 6:00 - 7:30am CH	29 Dryland 5:00pm 6:00 - 7:15pm UofC	30 No workout

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

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