

12 B - APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NO WORKOUT	2 6:00 - 7:30am CH	3 6:00 - 7:15pm UofC	4 Dryland 5:00pm 6:00 - 7:00pm UofC	5 5:45pm - 6:45pm UofC	6 5:30 - 7:00pm UofC
7	8 Dryland - 5:00pm 6:00 - 7:15pm UofC	9 6:00 - 7:30am CH	10 6:00 - 7:15pm UofC	11 Dryland 5:00pm 6:00 - 7:00pm UofC	12 5:45pm - 6:45pm UofC	13 NO WORKOUT
14	15 Dryland - 5:00pm 6:00 - 7:15pm UofC	16 6:00 - 7:30am CH	17 6:00 - 7:15pm UofC	18 Dryland 5:00pm 6:00 - 7:00pm UofC	19 5:45 - 6:45pm UofC	20 5:30 - 7:00pm UofC
21	22 Dryland - 5:00pm 6:00 - 7:15pm UofC	23 6:00 - 7:30am CH	24 6:00 - 7:15pm UofC	25 Dryland 5:00pm 6:00 - 7:00pm UofC	26 5:45 - 6:45pm UofC	27 SPRING START UP
28 SPRING START UP	29 Dryland - 5:00pm 6:00 - 7:15pm UofC	30 6:00 - 7:30am CH				

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