

12 B - January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Holiday Break Dec 22 - January 7	2 Holiday Break Dec 22 - January 7	3 Holiday Break Dec 22 - January 7	4 Holiday Break Dec 22 - January 7	5 Holiday Break Dec 22 - January 7	6 Holiday Break Dec 22 - January 7
7 Dryland - 5:00pm 6:00 - 7:15pm UofC	8	9 6:00 - 7:30am CH	10 6:00 - 7:15pm UofC	11 Dryland 5:00pm 6:00 - 7:00pm UofC	12 5:45 - 6:45pm UofC	13 5:30 - 7:00pm UofC
14 Dryland - 5:00pm 6:00 - 7:15pm UofC	15	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 Dryland - 5:00pm 6:00 - 7:15pm UofC	22	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 5:30 - 7:00pm UofC
28 Dryland - 5:00pm 6:00 - 7:15pm UofC	29	30 6:00 - 7:30am CH	31 6:00 - 7:15pm UofC			

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