

12 B - September 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------|--------------------------------|---|---|--------------------------------|-------------------------------------|
| 1 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 No workout | 11 6:00 - 7:15pm UofC | 12 Dryland - 5pm 6:00 - 7:00pm UofC | 13 6:00 - 7:15pm UofC | 14 No workout TEAM BBQ |
| 15 Dryland - 5pm 6:00 - 7:15pm UofC | 16 No workout | 17 6:00 - 7:15pm UofC | 18 Dryland - 5pm 6:00 - 7:00pm UofC | 19 6:00 - 7:15pm UofC | 20 4:30pm - 6:00pm | 21 |
| 22 Dryland - 5pm 6:00 - 7:15pm UofC | 23 No workout | 24 6:00 - 7:15pm UofC | 25 No workout | 26 6:00 - 7:15pm UofC | 27 4:30pm - 6:00pm | 28 |

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