

12 C - APRIL 2024

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

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