

12 C - December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6:00 - 7:15pm UofC	2 5:30 - 7:00Pm
3 Dryland 5:00pm 6:00 - 7:15pm UofC	4 6:00 - 7:00pm UofC	5 6:00 - 7:00pm UofC	6 Dryland 5:00pm 6:00 - 7:15pm UofC	7 6:00 - 7:30am CH	8 6:00 - 7:15pm UofC	9 5:30 - 7:00Pm
10 Dryland 5:00pm 6:00 - 7:15pm UofC	11 6:00 - 7:00pm UofC	12 6:00 - 7:00pm UofC	13 Dryland 5:00pm 6:00 - 7:15pm UofC	14 6:00 - 7:30am CH	15 6:00 - 7:00pm UofC	16 UCSC Holiday Classic
17 UCSC Holiday Classic	18 6:00 - 7:15pm UofC	19 6:00 - 7:00pm UofC	20 Dryland 5:00pm 6:00 - 7:15pm UofC	21 6:00 - 7:30am CH	22 Holiday Break Dec 22 - January 7	23 Holiday Break Dec 22 - January 7
24 Holiday Break Dec 22 - January 7	25 Holiday Break Dec 22 - January 7	26 Holiday Break Dec 22 - January 7	27 Holiday Break Dec 22 - January 7	28 Holiday Break Dec 22 - January 7	29 Holiday Break Dec 22 - January 7	30 Holiday Break Dec 22 - January 7

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