

12 C - February 2024

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

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