

12 C - November 2023

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

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