

12 C - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Dryland 5:00pm 6:00 - 7:15pm UofC	2 6:00 - 7:00pm UofC	3 Dryland 5:00pm 6:00 - 7:15pm UofC	4 6:00 - 7:30am CH	5 6:00 - 7:15pm UofC	6 4:00 - 5:30pm UofC	7
8 NO Workout Happy Thanksgiving!	9 6:00 - 7:00pm UofC	10 Dryland 5:00pm 6:00 - 7:15pm UofC	11 6:00 - 7:00am CH	12 6:00 - 7:15pm UofC	13 5:30 - 7:00pm UofC	14
15 Dryland 5:00pm 6:00 - 7:15pm UofC	16 6:00 - 7:00pm UofC	17 Dryland 5:00pm 6:00 - 7:15pm UofC	18 6:00 - 7:00am CH	19 Team Champs - UofC	20 Fall Start Up - MNP	21
22 Dryland 5:00pm 6:00 - 7:15pm UofC	23 6:00 - 7:00pm UofC	24 Dryland 5:00pm 6:00 - 7:15pm UofC	25 6:00 - 7:00am CH	26 No Workout	27 7:15am - 8:15am - UofC	28
29 Dryland 5:00pm 6:00 - 7:15pm UofC	30 6:00 - 7:00pm UofC	31				

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