

12 C - September 2024

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

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