

12 D - APRIL 20224

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

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