

12 D - APRIL 20224

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

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