

12 D - December 2023

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

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