

12 D - February 20224

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:00 - 7:00pm UofC	2 UCSC GP	3 UCSC GP
4 UCSC GP	5	6 6:00 - 7:30am CH  Dryland 5:00pm 6:00 - 7:00pm UofC	7 6:00 - 7:15pm UofC	8 6:00 - 7:00pm UofC	9 Dryland 5:00pm 5:45 - 6:45pm UofC	10 5:30 -7:00Pm UofC
11	12	13 6:00 - 7:30am CH  Dryland 5:00pm 6:00 - 7:00pm UofC	14 6:00 - 7:15pm UofC	15 6:00 - 7:00pm UofC	16 Dryland 5:00pm 5:45 - 6:45pm UofC	17 5:30 -7:00Pm UofC
18	19	20 6:00 - 7:30am CH  Dryland 5:00pm 6:00 - 7:00pm UofC	21 6:00 - 7:15pm UofC	22 6:00 - 7:00pm UofC	23 5:00 - 6:30pm UofC	24 5:30 -7:00Pm UofC
25	26	27 6:00 - 7:30am CH  Dryland 5:00pm 6:00 - 7:00pm UofC	28 6:00 - 7:15pm UofC	29 6:00 - 7:00pm UofC		

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