

12 D - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 6:00 - 7:30am CH Dryland 5:00pm 6:00 - 7:00pm UofC	4 6:00 - 7:15pm UofC	5 6:00 - 7:00pm UofC	6 Dryland 5:00pm 6:00 - 7:15pm UofC	7 4:00 - 5:30pm UofC
8	9	10 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	11 6:00 - 7:15pm UofC	12 6:00 - 7:00pm UofC	13 Dryland 5:00pm 6:00 - 7:15pm UofC	14 5:30 - 7:00pm UofC
15	16	17 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	18 6:00 - 7:15pm UofC	19 6:00 - 7:00pm UofC	20 Team Champs - UofC	21 Fall Start Up - MNP
22	23	24 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	25 6:00 - 7:15pm UofC	26 6:00 - 7:00pm UofC	27 No Workout	28 8:15am - 9:15am - UofC
29	30	31 6:00 - 7:00am 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)