

12 D - September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Summer Break - No workout	2 Summer Break - No workout	3 Summer Break - No workout	4 Summer Break - No workout	5 Summer Break - No workout	6 Summer Break - No workout	7 Summer Break - No workout
8 Summer Break - No workout	9 Summer Break - No workout	10 No workout 6:00 - 7:00pm UofC	11 Dryland - 5pm 6:00 - 7:15pm UofC	12 6:00 - 7:00pm UofC	13 Dryland - 5pm 6:00 - 7:15pm UofC	14 No workout <b>TEAM BBQ</b>
15	16	17 No workout 6:00 - 7:00pm UofC	18 Dryland - 5pm 6:00 - 7:15pm UofC	19 6:00 - 7:00pm UofC	20 Dryland - 5pm 6:00 - 7:15pm UofC	21 4:30pm - 6:00pm UofC
22	23	24 No workout 6:00 - 7:00pm UofC	25 Dryland - 5pm 6:00 - 7:15pm UofC	26 No workout	27 Dryland - 5pm 6:00 - 7:15pm UofC	28 4:30pm - 6:00pm UofC

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