

12 D - September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Summer Break - No workout	11 Summer Break - No workout	12 No workout 6:00 - 7:00pm UofC	13 6:00 - 7:15pm UofC	14 6:00 - 7:00pm UofC	15 Dryland - 5pm 6:00 - 7:15pm UofC	16 No workout TEAM BBQ
17	18	19 No workout Dryland - 5pm 6:00 - 7:00pm UofC	20 6:00 - 7:15pm UofC	21 No workout 6:00 - 7:00pm UofC	22 No workout	23 No workout
24	25	26 6:00 - 7:30am CH Dryland - 5pm 6:00 - 7:00pm UofC	27 6:00 - 7:15pm UofC	28 6:00 - 7:00pm UofC	29 Dryland - 5pm 6:00 - 7:15pm UofC	30 No workout

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

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