

12 D - October 2024

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

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