

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NO WORKOUT
2	3 NO WORKOUT	4 Dryland 5:00pm 6:00 - 7:00pm UofC	5 6:00 - 7:00pm UofC	6 Dryland 5:00pm 6:00 - 7:00pm UofC	7 UCSC WESTERN FINALE	8 UCSC WESTERN FINALE
9 UCSC WESTERN FINALE	10 6:00 - 7:00pm UofC	11 Dryland 5:00pm 6:00 - 7:00pm UofC	12 6:00 - 7:00pm UofC	13 7:45am - 8:45am Silver Spring Dryland 5:00pm 6:00 - 7:00pm UofC	14 6:00 - 7:00pm UofC	15 NO WORKOUT
16	17 6:00 - 7:00pm UofC	18 Dryland 5:00pm 6:00 - 7:00pm UofC	19 6:00 - 7:00pm UofC	20 7:45am - 8:45am Silver Spring Dryland 5:00pm 6:00 - 7:00pm UofC	21 6:00 - 7:00pm UofC	22 NO WORKOUT
23	24 6:00 - 7:00pm UofC	25 Dryland 5:00pm 6:00 - 7:00pm UofC	25 6:00 - 7:00pm UofC	27 ALBERTA SUMMER PROVINCIALS July 27 - 30	28 ALBERTA SUMMER PROVINCIALS July 27 - 30	29 ALBERTA SUMMER PROVINCIALS July 27 - 30

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

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