

## National Group - June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	6:00-7:30am UofC * Arizona group only *  Cascade CSI Mel Zajac International
						3
4		5	6	7	8	9
Cascade CSI Mel Zajac International	OFF	OFF	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)
						10
11		12	13	14	15	16
3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)		5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)
						17
18		19	20	21	22	23
3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)		5:15-5:30am Pre-Pool 5:30-7:30am UofC (Nick) <b>7:00-8:30am Silver Springs (Carl)</b>  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	<b>7:00-8:30am Silver Springs (Dave)</b>  3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC (Carl)  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC (Carl)  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	<b>7:00-8:30am Silver Springs (Nick)</b>   <b>Team Champs #2</b>
						24
25		26	27	28	29	30
3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)		5:15-5:30am Pre-Pool 5:30-7:30am UofC (Nick) <b>7:00-8:30am Silver Springs (Carl)</b>  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	<b>7:00-8:30am Silver Springs (Dave)</b>  3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC (Carl)  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC (Carl)  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)

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