

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:30 - 7:30am UofC	2 4:00 - 6:00pm UofC	3 AM OFF 4:00-5:45pm UofC Weights 5:45-7:00pm	4 CASCADE SPEED MEET
5 CASCADE SPEED MEET	6 5:00-5:45 Weights 5:45 - 7:00pm UofC	7 AM OFF 4:00 - 5:30pm UofC	8 5:30 - 7:30am UofC	9 4:00 - 6:00pm UofC	10 5:30-7:30am UofC 4:00-5:45pm UofC Weights 5:45-7:00pm	11 12:00-2:00pm UofC REMEMBRANCE DAY
12 1:30-3:00pm OR 3:00-4:30pm Weights on own	13 5:30-7:00am UofC 7:00 - 7:30am Dryland 4:00 - 5:30pm UofC	14 5:30 - 7:30am UofC	15 4:00 - 6:00pm UofC	16 5:30-7:30am UofC 4:00-5:45pm UofC Weights 5:45-7:00pm	17 7:15 - 9:15am UofC	18
19 5:00-5:45 Weights 5:45 - 7:00pm UofC	20 5:30-7:00am UofC 7:00 - 7:30am Dryland 4:00 - 5:30pm UofC	21 5:30 - 7:30am UofC	22 4:00 - 6:00pm UofC	23 UCSC NOVEMBER INVITE	24 UCSC NOVEMBER INVITE	25
26 5:00-5:45pm Weights 5:45 - 7:00pm UofC Activation	27 5:30-7:30am UofC 4:00 - 5:30pm UofC	28 5:30 - 7:30am UofC	29 4:00 - 6:00pm UofC	30		

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