

# October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00am weights 10:00am-12:00pm UC	2	3 3:45pm Activation 4:00-6:00pm CH	4 5:15am Activation 5:30 - 7:30am UofC	5 3:45pm Activation 4:00-6:00pm CH	6 5:15am Activation 5:30 - 7:30am UofC  4:00-5:00 pm weights UC	7 3:45pm Activation 4:00-5:30pm UC
8	9 THANKSGIVING	10 3:45pm Activation 4:00-6:00pm CH	11 5:15am Activation 5:30 - 7:30am UofC	12 3:45pm Activation 4:00-6:00pm CH	13 5:15am Activation 5:30 - 7:30am UofC  4:00-5:00 pm weights UC	14 3:45pm Activation 4:00-5:30pm UC
15 9:00am weights 10:00am-12:00pm UC	16	17 3:45pm Activation 4:00-6:00pm CH	18 5:15am Activation 5:30 - 7:30am UofC	19 3:45pm Activation 4:00-6:00pm CH	20 UCSC TEAM CHAMPS	21 FALL START UP
22 10:00am weights 11:00am-12:00pm UC	23	24 3:45pm Activation 4:00-6:00pm CH	25 5:15am Activation 5:30 - 7:30am UofC	26 3:45pm Activation 4:00-6:00pm CH	27 5:15am Activation 5:30 - 7:30am UofC  4:00-5:00 pm weights UC	28
29 9:00am weights 10:00am-12:00pm UC	30	31 HALLOWEEN  3:45pm Activation 4:00-6:00pm CH	31	31	31	31

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos will be added as soon as they are confirmed