

Provincial & Provincial Lite - July 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--------------------|---|--|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 5:45am Activation 6:00 - 7:30am UofC | 5:30pm Activation 5:45 - 7:00pm UofC | OFF | OFF | OFF | |
| | Canada Day | | | EKI | EKI | EKI |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 5:30pm Activation 5:45 - 7:00pm UofC | 5:45am Activation 6:00 - 7:30am UofC | 4:45 - 5:45pm Weights | 6:00 - 7:00pm UofC | 5:30pm Activation 5:45 - 7:00pm UofC | 5:45am Activation 6:00 - 7:30am UofC style="background-color: cyan; text-align: center;"> 4:00 - 5:00pm Weights | 11:00am Activation 11:15 - 1:00pm UofC |
| EKI | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 5:30pm Activation 5:45 - 7:00pm UofC | 5:45am Activation 6:00 - 7:30am UofC | 4:45 - 5:45pm Weights | 6:00 - 7:00pm UofC | 5:30pm Activation 5:45 - 7:00pm UofC | 5:45am Activation 6:00 - 7:30am UofC style="background-color: cyan; text-align: center;"> 4:00 - 5:00pm Weights | 11:00am Activation 11:15 - 1:00pm UofC |
| | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 5:30pm Activation 5:45 - 7:00pm UofC | 5:45am Activation 6:00 - 7:30am UofC | 5:30pm Activation 5:45 - 7:00pm UofC | | | | |
| | | | | Summer Provincial Champs | Summer Provincial Champs | Summer Provincial Champs |
| 28 | 29 | 30 | 31 | | | |
| SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | | | | |
| Summer Provincial Champs | | | | | | |

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