

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5:30 - 7:00pm UofC
2 Dryland A163 - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	3 6:00 - 7:00am CH	4 6:00 - 7:30pm UofC	5 Dryland - A162 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	6 Activation 6:00 - 7:30pm UofC	7 5:30 - 7:00pm UofC	8
9 No workout!! Thanksgiving	10 6:00 - 7:00am CH	11 6:00 - 7:30pm UofC	12 Dryland - A162 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	13 Team Champs	14 Fall Start Up	15
16 Dryland A163 - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	17 6:00 - 7:00am CH	18 6:00 - 7:30pm UofC	19 Dryland - A162 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	20 Activation 6:00 - 7:30pm UofC	21 5:30 - 7:00pm UofC	22
23 Dryland A163 - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	24 6:00 - 7:00am CH	25 6:00 - 7:30pm UofC	26 Dryland - A162 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	27 Activation 6:00 - 7:30pm UofC	28 5:30 - 7:00pm UofC	29
30 Dryland A163 - 5:00 - 5:45 6:00 - 7:15pm UofC Activation Halloween	31					

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