

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	2 TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC	3
4 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	5 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	6 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	7 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	8	9 TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC	10
11 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	12 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	13 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	14 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	15	16 UCSC HOLIDAY CLASSIC. U of C	17
18 UCSC HOLIDAY CLASSIC U of C	19 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	20 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	21 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	22 FIRST DAY OF HOLIDAY BREAK	23	24
25	26	27	28	29	30	31

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