

National Group - December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2 2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	3 5:15-5:30am Pre-Pool 5:30-7:15am UofC
4 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5 5:45-6:00am Pre-Pool 6:00-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	6 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	7 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	8 OFF 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	9 2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	10 5:15-5:30am Pre-Pool 5:30-7:15am UofC
11 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	12 OFF 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	13 OFF 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	14 Travel OJI & PWI	15 OFF OJI & PWI JP Fiset	16 OJI & PWI JP Fiset	17 OJI & PWI JP Fiset
18 OJI & PWI JP Fiset	19 OFF Travel OJI & PWI	20 OFF 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC	21 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC	22 OFF 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC	23 Christmas Break	24 Christmas Break
25 Christmas Break	26 Christmas Break	27 Christmas Break	28 Christmas Break	29 Christmas Break	30 Christmas Break	31 Christmas Break

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