

National Group - January 2023

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

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