

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TREX A 4-5pm TREX B 5-6pm	2 TREX C 4-5pm TREX A 5-6pm	3 TREX B 4-5pm TREX C 5-6pm	4 TREX A 5:00-6:00 (dryland 5-5:20) TREX B 4:20-5:20 (dryland 4:20-4:40) TREX C 4:00-5:00 (dryland 4:40-5)	5 TREX A, B & C 4-5:30pm U of C	6
7 TREX A 4-5pm TREX B 5-6pm	8 TREX C 4-5pm TREX A 5-6pm	9 TREX B 4-5pm TREX C 5-6pm	10 TREX A 5:00-6:00 (dryland 5-5:20) TREX B 4:20-5:20 (dryland 4:20-4:40) TREX C 4:00-5:00 (dryland 4:40-5)	11 TREX A, B & C 4-5:30pm U of C	12	13
14 TREX A 4-5pm TREX B 5-6pm	15 TREX C 4-5pm TREX A 5-6pm	16 TREX B 4-5pm TREX C 5-6pm	17 TREX A 5:00-6:00 (dryland 5-5:20) TREX B 4:20-5:20 (dryland 4:20-4:40) TREX C 4:00-5:00 (dryland 4:40-5)	18 NO PRACTICE, VICTORIA DAY WEEKEND	19	20
21 NO PRACTICE, VICTORIA DAY WEEKEND	22 TREX C 4-5pm TREX A 5-6pm	23 TREX B 4-5pm TREX C 5-6pm	24 TREX A 5:00-6:00 (dryland 5-5:20) TREX B 4:20-5:20 (dryland 4:20-4:40) TREX C 4:00-5:00 (dryland 4:40-5)	25 NO PRACTICE	26	27
28 TREX A 4-5pm TREX B 5-6pm	29 TREX C 4-5pm TREX A 5-6pm	30 NO PRACTICE UCSC Awards Night and Banquet 5pm Markin MacPhail Centre at WinSport	31			

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