

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30 - 7:00am UofC	2 4:00 - 6:00pm SD Activation	3 5:30 - 7:00am UofC	4 5:30 - 7:30am UofC	5 7:00 - 8:30pm Melcor (Crowfoot) YMCA	6 3:00 - 4:00pm Dryland 4:00 - 5:30pm UofC
7 5:30 - 7:00am UofC	8 5:30 - 7:00am UofC	9 4:00 - 6:00pm SD Activation	10 5:30 - 7:00am UofC	11 5:30 - 7:30am UofC	12 7:00 - 8:30pm Melcor (Crowfoot) YMCA	13 3:00 - 4:00pm Dryland 4:00 - 5:30pm UofC
14 5:30 - 7:00am UofC	15 5:30 - 7:00am UofC	16 4:00 - 6:00pm SD Activation	17 5:30 - 7:00am UofC	18 5:30 - 7:30am UofC	19 7:00 - 8:30pm Melcor (Crowfoot) YMCA	20 OFF
21 Victoria Day	22 5:30 - 7:00am UofC	23 4:00 - 6:00pm SD Activation	26 5:30 - 7:00am UofC	27 5:30 - 7:30am UofC	28 7:00 - 8:30pm Melcor (Crowfoot) YMCA	29 3:00 - 4:00pm Dryland 4:00 - 5:30pm UofC
30	31					

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