

18+ Age Class (Age on Jan 1, 2024)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Oct-30	6:00-7:30pm Strength	Halloween	6:30-7:30am Strength		6:00-7:30pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-06	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength		6:00-7:30pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-13	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength 7:30-8:30pm Swim UofC		6:00-7:30pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-20	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength 7:30-8:30pm Swim UofC		5-7pm TEAM MEAL (Canoe-Women cook)	9:00-10:30am Run	6:00-7:30PM Swim UofC
Nov-27	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength 7:30-8:30pm Swim UofC		6:00-7:30pm Strength	9:00-10:30am Run	6:00-7:30PM Swim UofC
Dec-04	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength 7:30-8:30pm Swim UofC		6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Dec-11	6:00-7:30pm Strength	4:30-6:00 Run	6:30-7:30am Strength 7:30-8:30pm Swim UofC		6:00-7:30pm Strength	9am Run & Yoga 5-6pm Team Meal (K-WOMEN COOK) 6pm CCC CHRISTMAS	No Pool
Dec-18	Club Holiday						
Dec-25	SANTA						NEW YEAR EVE
Jan-01	NEW YEARS DAY	4:30 Run then Ergo	6:30-7:30am Strength	4:30-6:00 Run	6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-08	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-15	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-22	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	5-7pm TEAM MEAL (CANOE MEN COOK)	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Jan-29	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	No Pool
Feb-05	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00-7:30pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-12	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-19	FAMILY DAY	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	6:30-7:30am Swim MRU 6:00pm Strength	9:00-10:30am Run 10:30-11:30am Yoga	6:00-7:30PM Swim UofC
Feb-26	6:00-7:30pm Strength	4:30 Run then Ergo	6:30-7:30am Strength 7:30-8:30pm Swim UofC	4:30-6:00 Run	5-7pm TEAM MEAL (K-MEN COOK)	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	6:00-7:30PM Swim UofC FL CAMP
Mar-04	FAMILY DAY FL CAMP	4:30 Run then Ergo FL CAMP	4:30-6:00pm Strength FL CAMP	4:30-6:00pm Run FL CAMP	4:30-6:00pm Strength FL CAMP	FL CAMP	6:00-7:30PM Swim UofC FL CAMP
Mar-11	CLUB SPRING BREAK & FL CAMP						6:00-7:30PM Swim UofC
Mar-18	4:30-6:00pm Strength FL CAMP	FL CAMP	FL CAMP	FL CAMP	FL CAMP	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	FL CAMP
Mar-25	4:30-6:00pm Strength FL CAMP	FL CAMP	FL CAMP	FL CAMP	FL CAMP	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	FL CAMP
Apr-01	4:30-6:00pm Strength FL CAMP	FL CAMP	FL CAMP	FL CAMP	GOOD FRIDAY FL CAMP	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	FL CAMP
Apr-08	EASTER MONDAY	4:30-6:00pm Run & Ergo FL CAMP	4:30-6:00pm Run FL CAMP	4:30-6:00pm Ergo FL CAMP	4:30-6:00pm Strength FL CAMP	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	FL CAMP
Apr-15	4:30-6:00pm Strength FL CAMP	4:30-6:00pm Run & Ergo FL CAMP	4:30-6:00pm Strength FL CAMP	4:30 Run & Ergo	4:30-6:00pm Strength FL CAMP	9:00-10:30am Run 10:30-11:30am Yoga FL CAMP	FL CAMP
Apr-22	6:00-7:30pm Strength	4:30-6:00pm Run & Ergo	4:30 Strength	4:30 Run & Ergo	5-7pm TEAM MEAL (CANOE WOMEN COOK)	9:00 Run 10:30 Yoga	