

**U18 Age Class (Age on Jan 1, 2024)**

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