

September 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|-------------------------|---|---|----------------------------------|
| | | 1-CBE/CSDD 6:30-8:00am-Stroking 6:30-7:45pm-Mixed | 2 6:30-8:00am-Mixed | 3 5:45-7:00pm-Junior/JD 7:00-8:15pm-Senior | 4 6:30-7:30am-Online Strength Training 1:00-3:00pm-Mixed 6:00-7:30pm-Mixed | 5 2:30-4:30pm-Senior |
| 6 | 7 - STAT | 8 6:30-8:00am-Stroking 6:30-7:45pm-Mixed | 9 6:30-8:00am-Mixed | 10 5:45-7:00pm-Junior/JD 7:00-8:15pm-Senior | 11 6:30-7:30am-Online Strength Training 1:00-3:00pm-Mixed 6:00-7:30pm-Mixed | 12 2:30-4:30pm-Senior |
| 13 9:15-11:15am-Mixed 5:00-6:15pm-JD | 14 6:30-8:00am-Mixed 6:00-7:00pm Online Boot Camp | 15 6:30-8:00am-Stroking 6:30-7:45pm-Mixed | 16 6:30-8:00am-Mixed | 17-CSSD 5:45-7:00pm-Junior/JD 7:00-8:15pm-Senior | 18-CSSD 6:30-7:30am-Online Strength Training 1:00-3:00pm-Mixed | 19 2:30-4:30pm-Senior |
| 20 10:30am-12:30pm-Mixed 5:00-6:15pm-JD | 21 6:30-8:00am-Mixed 6:00-7:00pm Online Boot Camp | 22 6:30-8:00am-Stroking 6:30-7:45pm-Mixed | 23 6:30-8:00am-Mixed | 24 5:45-7:00pm-Junior/JD 7:00-8:15pm-Senior | 25-CBE 6:30-7:30am-Online Strength Training 1:00-3:00pm-Mixed 6:00-7:30pm-Mixed | 26 2:45-4:45pm-Senior |
| 27 5:00-6:15pm-JD | 28 6:30-8:00am-Mixed 6:00-7:00pm Online Boot Camp | 29 6:30-8:00am-Stroking 6:30-7:45pm-Mixed | 30 6:30-8:00am-Mixed | | | |
| | | | | Winsport Arena Online | Crowchild Twin Arena Rocky Ridge Arena | Norma Bush/FDB Max Bell Arena |