

Cougars January Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
M2D	5:15 - 7:30am	5:15 - 7:30am	5:15 - 7:30am	Off	5:15 - 7:30am	6:45 - 8:30am	Off
Sprint	5:15 - 7:30am	5:15 - 7:30am	5:15 - 7:30am		Off		
PM	3:45 - 6:00pm	3:45 - 6:00pm	Off	Off	Off	Off	Off
Weights		Off		Off			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
M2D	5:15 - 7:30 am	Off	5:15 - 7:30 am	Off	Winter Classic	Winter Classic	Winter Classic
Sprint	6:45 - 8:45 am		6:45 - 8:45 am				
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm			
Weights		11:00 am - 12:00pm		11:00 am - 12:00pm			
Activity	Sports Nutrition Seminar Parents: 4:30 - 5:30pm Swimmers: 5:45 - 6:45pm						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
M2D	Off	Off	5:15 - 7:30 am	Off	5:15 - 7:30 am	5:30 - 7:45 am	Off
Sprint	Off		6:45 - 8:45 am		6:45 - 8:45 am		
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	Off	Off
Weights		11:00 am - 12:00pm		11:00 am - 12:00pm			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
M2D	5:15 - 7:30 am	Off	5:15 - 7:30 am	Off	Off	5:15 - 7:15am	Off
Sprint	6:45 - 8:45 am		6:45 - 8:45 am		Off		
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm	Off	Off
Weights		11:00 am - 12:00pm		11:00 am - 12:00pm			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
M2D	5:15 - 7:30 am	Off	5:15 - 7:30 am	Edmonton Open	Edmonton Open	Edmonton Open	Edmonton Open
Sprint	6:45 - 8:45 am		6:45 - 8:45 am				
PM	2:15 - 4:30 pm	2:15 - 4:30 pm	2:15 - 4:30 pm				
Weights		11:00 am - 12:00pm		Off			
Activity							

Lawson

Weights

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