

2020 Bantam Training Schedule

January	February	March	April	May	June
1 We New Year's Day	1 Sa	1 Su	1 We	1 Fr	1 Mo
2 Th	2 Su	2 Mo	2 Th	2 Sa	2 Tu
3 Fr CFT with Nadia/Mallory	3 Mo	3 Tu	3 Fr	3 Su	3 We
4 Sa	4 Tu EP with Jason	4 We	4 Sa	4 Mo	4 Th
5 Su	5 We	5 Th	5 Su	5 Tu	5 Fr
6 Mo CFT with Jason	6 Th	6 Fr	6 Mo	6 We	6 Sa
7 Tu	7 Fr	7 Sa	7 Tu PP with Jason	7 Th	7 Su
8 We	8 Sa Ski Camp in Canmore	8 Su	8 We	8 Fr	8 Mo
9 Th	9 Su	9 Mo	9 Th	9 Sa	9 Tu
10 Fr	10 Mo OFF	10 Tu PP with Jason	10 Fr	10 Su	10 We
11 Sa	11 Tu EP with Jason	11 We	11 Sa	11 Mo	11 Th
12 Su	12 We	12 Th	12 Su	12 Tu	12 Fr
13 Mo	13 Th	13 Fr	13 Mo	13 We	13 Sa
14 Tu	14 Fr	14 Sa	14 Tu PP with Jason	14 Th	14 Su
15 We	15 Sa	15 Su	15 We	15 Fr	15 Mo
16 Th CFT with Nadia/Mallory	16 Su	16 Mo	16 Th	16 Sa	16 Tu
17 Fr	17 Mo CFT with Nadia/Mallory	17 Tu PP with Jason	17 Fr	17 Su	17 We
18 Sa	18 Tu EP with Jason	18 We	18 Sa	18 Mo	18 Th
19 Su	19 We	19 Th	19 Su	19 Tu	19 Fr
20 Mo	20 Th	20 Fr	20 Mo	20 We	20 Sa
21 Tu	21 Fr	21 Sa	21 Tu PP with Jason	21 Th	21 Su
22 We	22 Sa	22 Su	22 We	22 Fr	22 Mo
23 Th CFT with Nadia/Mallory	23 Su	23 Mo	23 Th	23 Sa	23 Tu
24 Fr	24 Mo CFT with Nadia/Mallory	24 Tu PP with Jason	24 Fr	24 Su	24 We
25 Sa	25 Tu EP with Jason	25 We	25 Sa	25 Mo	25 Th
26 Su	26 We	26 Th	26 Su	26 Tu	26 Fr
27 Mo	27 Th	27 Fr	27 Mo	27 We	27 Sa
28 Tu EP with Jason	28 Fr	28 Sa	28 Tu PP with Jason	28 Th	28 Su
29 We	29 Sa	29 Su	29 We	29 Fr	29 Mo
30 Th CFT with Nadia/Mallory		30 Mo	30 Th	30 Sa	30 Tu
31 Fr		31 Tu PP with Jason		31 Su	

Banatam back on the water - Paddling at Cardiff Pond

CFT : CrossFit Training @ Garisson Fitness Center -

Cost : \$5 for U11 and \$7 for U18
Address: 185 Hwy 28A, Lancaster Park, AB
Time: 6 -7h30pm

PP : Pool paddling @ Fountain Park Pool -

Cost : Free
Address: 4 Cunningham Rd, St. Albert, AB
Time: 6 -7h30pm

EP : Ergometer paddling @ Mission House Club (Tennis Club)

Cost : Free
Address: 9 Mission Ave, St. Albert, AB
Time: 6 -7h30pm

Bantam Coaches: Jason Watamaniuk / Mallory Brown / Nadia Chama