

Winter Schedule: (October to March)

Tuesday 6:00-7:30 pm: track workout at U of M
Max Bell

Wednesday 6:00-7:30 pm: indoor group
bike/brick run workout at U of M Max Bell

Saturday: 8:30 – 10:00 am: outdoor group run at
Assiniboine Park Duck Pond

Sunday 8:30 to 11:30 am: indoor group bike, circuit
and outdoor run at Undefeated Performance