

SEPTEMBER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Off
2 Gym	3 Gym	4 Gym	5 Gym	6 Gym	7 Gym	8
9 Gym	10 Gym	11 Gym	12 Gym	13 Gym	14 Gym	15
16 Gym	17 Gym	18 Gym	19 Gym	20 Gym	21 Gym	22
23 Award week	24 Award week	25 Award week	26 Award week	27 Award week	28 Gym	29
30 Gym						
OCTOBER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Gym	2 Gym	3 Gym	4 Gym	5 Gym	6
7 Gym	8 Gym	9 Gym	10 Gym	11 Gym	12 Gym	13
14 Gym	15 Gym	16 Gym	17 Gym	18 Gym	19 Gym	20
21 Halloween themed week	22 Halloween themed week	23 Halloween themed week	24 Halloween themed week	25 Halloween themed week	26 Off	27 Off
28 Off	29 Off	30 Off	31 Off			
NOVEMBER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Off	2 Off	3 Off
4 Gym	5 Gym	6 Gym	7 Gym	8 Gym	9 Gym	10
11 Award week	12 Award week	13 Award week	14 Award week	15 Award week	16 Gym	17
18 Gym	19 Gym	20 Gym	21 Gym	22 Gym	23 Gym	24
25 Gym	26 Gym	27 Gym	28 Gym	29 Gym	30 JACK FROST COMP Team only	

DECEMBER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 JACK FROST COMP Team only
2 Gym	3 Gym	4 Gym	5 Gym	6 Gym	7 IGA COMP Team only	8 IGA COMP Team only
9 Gym	10 Gym	11 Gym	12 Gym	13 Gym	14 Christmas themed week	15
16 Christmas themed week	17 Christmas themed week	18 Christmas themed week	19 Christmas themed week	20 Christmas themed week	21 Off	22 Off
23 Off	24 Off	25 Off	26 Off	27 Off	28 Off	29 Off
30 Off	31 Off					