

January						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Off	2 Off	3 Off	4 Off	5
6 Gym	7 Gym	8 Gym	9 Gym	10 Gym	11 Gym	12
13 Gym	14 Gym	15 Gym	16 Gym	17 Gym	18 Gym	19
20 Gym	21 Gym	22 Gym	23 Gym	24 Gym	25 Gym	26
27 Gym	28 Gym	29 Gym	30 Gym	31 Gym		

February						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Gym	2
3 Gym	4 Gym	5 Gym	6 Gym	7 Gym	8 Gym	9
10 Gym	11 Gym	12 Gym	13 Gym	14 Gym	15 Gym	16
17 Off	18 Off	19 Off	20 Off	21 Off	22 Rising Stars Comp	23 Rising Stars Comp
24 Gym	25 Gym	26 Gym	27 Gym	28 Gym		

March						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Gym	2
3 Gym	4 Gym	5 Gym	6 Gym	7 Gym	8 Off	9
10 Gym	11 Gym	12 Gym	13 Gym	14 Gym	15 Gym	16
17 Gym	18 Gym	19 Gym	20 Gym	21 Gym	22 Gym	23
24 Gym	25 Gym	26 Gym	27 Gym	28 Gym	29 Gym	30
31 Gym						

April						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Gym	2 Gym	3 Gym	4 Gym	5 Off	6
7 Off	8 Off	9 Off	10 Off	11 Off	12 Off	13
14 Off	15 Off	16 Off	17 Off	18 Off	19 Off	20
21 Off	22 Gym	23 Gym	24 Gym	25 Gym	26 Gym	27
28 Gym	29 Gym	30 Gym				

May						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Gym	2 Gym	3 Dreams Comp	4 Dreams Comp
5 Off	6 Gym	7 Gym	8 Gym	9 Gym	10 Gym	11
12 Gym	13 Gym	14 Gym	15 Gym	16 Gym	17 Gym	18
19 Gym	20 Gym	21 Gym	22 Gym	23 Gym	24 Gym	25
26 Off	27 Off	28 Off	29 Off	30 Off	31	

June						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Gym	3 Gym	4 Gym	5 Gym	6 Gym	7 Gym	8
9 Gym	10 Gym	11 Gym	12 Gym	13 Off	14 Off	15
16 Off	17 Off	18 Off	19 Off	20 Off	21 Off	22
23 Off	24 Off	25 Off	26. Off	27 Off	28 Off	29
30 Off						

July						
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 Gm	20
21 Off	22 Off	23 Off	24 Off	25 Off	26 Off	27
28 Off	29 Off	30 Off	31 Off			

August						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Off	2
3 Off	4 Off	5 Off	6 Off	7 Off	8 Off	9
10 Off	11 Off	12 Off	13 Off	14 Off	15 Off	16
17 Off	18 Off	19 Off	20 Off	21 Off	22 Off	23
24 Off	25 Off	26 Off	27 Off	28 Off	29 Off	30
31 Off						

September						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Gym	2 Gym	3 Gym	4 Gym	5 Gym	6 Gym	7
8 Gym	9 Gym	10 Gym	11 Gym	12 Gym	13 Gym	14
15 Gym	16 Gym	17 Gym	18 Gym	19 Gym	20 IGA Level 8,9,10	21
22 Gym	23 Gym	24 Gym	25 Gym	26 Gym	27 IGA level 7-1	28

29 Gym	30 Gym					
October						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Gym	2 Gym	3 Gym	4 Gym	5
6 Gym	7 Gym	8 Gym	9 Gym	10 Gym	11 Off	12
13 Gym	14 Gym	15 Gym	16 Gym	17 Gym	18 Gym	19
20 Gym	21 Gym	22 Gym	23 Gym	24 Gym	25 Gym	26
27 Off	28 Off	29 Off	30 Off	31 Off		

November						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Gym	2
3 Gym	4 Gym	5 Gym	6 Gym	7 Gym	8 Gym	9
10 Gym	11 Gym	12 Gym	13 Gym	14 Gym	15 Gym	16
17 Gym	18 Gym	19 Gym	20 Gym	21 Gym	22 Gym	23
24 Gym	25 Gym	26 Gym	27 Gym	28 Gym	29 Gym	30

December						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Gym	2 Gym	3 Gym	4 Gym	5 Gym	6 Gym	7
8 Gym	9 Gym	10 Gym	11 Gym	12 Gym	13 IGA Xmas Comp	14
15 Gym	16 Gym	17 Gym	18 Gym	19 Gym	20 Off	21
22 Off	23 Off	24 Off	25 Off	26 Off	27 Off	28

29 Off	30 Off	31 Off				
January 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Off	2 Off	3 Gym	4
5 Gym	6 Gym	7 Gym	8 Gym	9 Gym	10 Gym	11
12 Gym	13 Gym	14 Gym	15 Gym	16 Gym	17 Gym	18
19 Gym	20 Gym	21 Gym	22 Gym	23 Gym	24 Gym	25
26 GYm	27 Gym	28 Gym	29 Gym	30 Gym	31 Gym	

February 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
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 Off	17 Off	18 Off	19 Off	20 Off	21 Off	22
23 Gym	24 Gym	25 Gym	26 Gym	27 Gym	28 Gym	

March 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
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 Gym	24 Gym	25 Gym	26 Gym	27 Gym	28 Gym	29

30 Off	31 Off					
April 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Off	2 Off	3 Off	4 Off	5
6 Off	7 Off	8 Off	9 Off	10 Off	11 Off	12
13 Gym	14 Gym	15 Gym	16 Gym	17 Gym	18 Gym	19
20 Gym	21 Gym	22 Gym	23 Gym	24 Gym	25 Gym	26
27 Gym	28 Gym	29 Gym	30 Gym			