Week on two pages

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| 29-4 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | 31 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| December 2025 /  January 2026 |

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| Mon 29 | Tue 30 | Wed 31 | Thu 1 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 29-4 |
| December 2025 /  January 2026 |

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| Fri 2 | Sat 3 | Sun 4 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 5-11 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| January 2026 |

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| Mon 5 | Tue 6 | Wed 7 | Thu 8 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 5-11 |
| January 2026 |

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| Fri 9 | Sat 10 | Sun 11 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 12-18 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| January 2026 |

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| Mon 12 | Tue 13 | Wed 14 | Thu 15 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 12-18 |
| January 2026 |

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| Fri 16 | Sat 17 | Sun 18 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 19-25 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| January 2026 |

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| Mon 19 | Tue 20 | Wed 21 | Thu 22 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 19-25 |
| January 2026 |

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| Fri 23 | Sat 24 | Sun 25 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 26-1 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| January 2026 /  February 2026 |

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| Mon 26 | Tue 27 | Wed 28 | Thu 29 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 26-1 |
| January 2026 /  February 2026 |

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| Fri 30 | Sat 31 | Sun 1 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 2-8 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| February 2026 |

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| Mon 2 | Tue 3 | Wed 4 | Thu 5 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | | 2-8 |
| February 2026 |

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| Fri 6 | Sat 7 | Sun 8 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 9-15 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| February 2026 |

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| Mon 9 | Tue 10 | Wed 11 | Thu 12 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | | 9-15 |
| February 2026 |

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| Fri 13 | Sat 14 | Sun 15 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 16-22 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| February 2026 |

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| Mon 16 | Tue 17 | Wed 18 | Thu 19 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | | 16-22 |
| February 2026 |

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| Fri 20 | Sat 21 | Sun 22 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 23-1 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **February** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| February 2026 /  March 2026 |

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| Mon 23 | Tue 24 | Wed 25 | Thu 26 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | | 23-1 |
| February 2026 /  March 2026 |

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| Fri 27 | Sat 28 | Sun 1 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 2-8 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | |
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| Mon 2 | Tue 3 | Wed 4 | Thu 5 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 2-8 |
| March 2026 |

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| Fri 6 | Sat 7 | Sun 8 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 9-15 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | |
| March 2026 |

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| Mon 9 | Tue 10 | Wed 11 | Thu 12 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 9-15 |
| March 2026 |

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| Fri 13 | Sat 14 | Sun 15 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 16-22 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | |
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| Mon 16 | Tue 17 | Wed 18 | Thu 19 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 16-22 |
| March 2026 |

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| Fri 20 | Sat 21 | Sun 22 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 23-29 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | |
| March 2026 |

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| Mon 23 | Tue 24 | Wed 25 | Thu 26 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 23-29 |
| March 2026 |

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| Fri 27 | Sat 28 | Sun 29 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 30-5 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **March** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | 31 | ∙ | ∙ | ∙ | ∙ | ∙ | |
| March 2026 /  April 2026 |

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| Mon 30 | Tue 31 | Wed 1 | Thu 2 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 30-5 |
| March 2026 /  April 2026 |

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| Fri 3 | Sat 4 | Sun 5 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 6-12 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| April 2026 |

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| Mon 6 | Tue 7 | Wed 8 | Thu 9 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 6-12 |
| April 2026 |

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| Fri 10 | Sat 11 | Sun 12 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 13-19 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| April 2026 |

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|  | | | |
| Mon 13 | Tue 14 | Wed 15 | Thu 16 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 13-19 |
| April 2026 |

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| Fri 17 | Sat 18 | Sun 19 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 20-26 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| April 2026 |

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| Mon 20 | Tue 21 | Wed 22 | Thu 23 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 20-26 |
| April 2026 |

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| Fri 24 | Sat 25 | Sun 26 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 27-3 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **April** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| April 2026 /  May 2026 |

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| Mon 27 | Tue 28 | Wed 29 | Thu 30 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 27-3 |
| April 2026 /  May 2026 |

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| Fri 1 | Sat 2 | Sun 3 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 4-10 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| May 2026 |

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| Mon 4 | Tue 5 | Wed 6 | Thu 7 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 4-10 |
| May 2026 |

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| Fri 8 | Sat 9 | Sun 10 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 11-17 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| May 2026 |

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| Mon 11 | Tue 12 | Wed 13 | Thu 14 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 11-17 |
| May 2026 |

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| Fri 15 | Sat 16 | Sun 17 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 18-24 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| May 2026 |

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| Mon 18 | Tue 19 | Wed 20 | Thu 21 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 18-24 |
| May 2026 |

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| Fri 22 | Sat 23 | Sun 24 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 25-31 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **May** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| May 2026 |

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|  | | | |
| Mon 25 | Tue 26 | Wed 27 | Thu 28 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 25-31 |
| May 2026 |

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| Fri 29 | Sat 30 | Sun 31 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 1-7 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| June 2026 |

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| Mon 1 | Tue 2 | Wed 3 | Thu 4 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 1-7 |
| June 2026 |

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| Fri 5 | Sat 6 | Sun 7 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 8-14 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| June 2026 |

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| Mon 8 | Tue 9 | Wed 10 | Thu 11 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 8-14 |
| June 2026 |

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| Fri 12 | Sat 13 | Sun 14 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 15-21 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| June 2026 |

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| Mon 15 | Tue 16 | Wed 17 | Thu 18 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 15-21 |
| June 2026 |

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| Fri 19 | Sat 20 | Sun 21 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 22-28 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| June 2026 |

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| Mon 22 | Tue 23 | Wed 24 | Thu 25 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 22-28 |
| June 2026 |

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| Fri 26 | Sat 27 | Sun 28 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 29-5 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **June** | | | | | | | | M | T | W | T | F | S | S | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | \_ | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| June 2026 /  July 2026 |

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| Mon 29 | Tue 30 | Wed 1 | Thu 2 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 29-5 |
| June 2026 /  July 2026 |

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| Fri 3 | Sat 4 | Sun 5 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 6-12 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| July 2026 |

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| Mon 6 | Tue 7 | Wed 8 | Thu 9 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 6-12 |
| July 2026 |

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| Fri 10 | Sat 11 | Sun 12 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| **Evening** | **Evening** | **Evening** |
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| 13-19 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| July 2026 |

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| Mon 13 | Tue 14 | Wed 15 | Thu 16 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 13-19 |
| July 2026 |

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| Fri 17 | Sat 18 | Sun 19 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 20-26 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| July 2026 |

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| Mon 20 | Tue 21 | Wed 22 | Thu 23 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 20-26 |
| July 2026 |

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| Fri 24 | Sat 25 | Sun 26 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 27-2 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **July** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| July 2026 /  August 2026 |

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| Mon 27 | Tue 28 | Wed 29 | Thu 30 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 27-2 |
| July 2026 /  August 2026 |

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|  | | | |
| Fri 31 | Sat 1 | Sun 2 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 3-9 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| August 2026 |

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| Mon 3 | Tue 4 | Wed 5 | Thu 6 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 3-9 |
| August 2026 |

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|  | | | |
| Fri 7 | Sat 8 | Sun 9 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 10-16 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| August 2026 |

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| Mon 10 | Tue 11 | Wed 12 | Thu 13 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 10-16 |
| August 2026 |

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| Fri 14 | Sat 15 | Sun 16 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 17-23 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| August 2026 |

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| Mon 17 | Tue 18 | Wed 19 | Thu 20 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 17-23 |
| August 2026 |

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| Fri 21 | Sat 22 | Sun 23 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 24-30 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| August 2026 |

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| Mon 24 | Tue 25 | Wed 26 | Thu 27 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 24-30 |
| August 2026 |

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| Fri 28 | Sat 29 | Sun 30 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 31-6 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | 1 | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | 31 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| August 2026 /  September 2026 |

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|  | | | |
| Mon 31 | Tue 1 | Wed 2 | Thu 3 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 31-6 |
| August 2026 /  September 2026 |

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|  | | | |
| Fri 4 | Sat 5 | Sun 6 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 7-13 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| September 2026 |

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|  | | | |
| Mon 7 | Tue 8 | Wed 9 | Thu 10 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 7-13 |
| September 2026 |

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|  | | | |
| Fri 11 | Sat 12 | Sun 13 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 14-20 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| September 2026 |

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|  | | | |
| Mon 14 | Tue 15 | Wed 16 | Thu 17 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 14-20 |
| September 2026 |

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| Fri 18 | Sat 19 | Sun 20 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| **Evening** | **Evening** | **Evening** |
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| 21-27 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| September 2026 |

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| Mon 21 | Tue 22 | Wed 23 | Thu 24 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 21-27 |
| September 2026 |

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| Fri 25 | Sat 26 | Sun 27 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 28-4 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **September** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | \_ | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| September 2026 /  October 2026 |

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| Mon 28 | Tue 29 | Wed 30 | Thu 1 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 28-4 |
| September 2026 /  October 2026 |

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| Fri 2 | Sat 3 | Sun 4 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 5-11 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| October 2026 |

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| Mon 5 | Tue 6 | Wed 7 | Thu 8 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 5-11 |
| October 2026 |

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| Fri 9 | Sat 10 | Sun 11 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 12-18 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| October 2026 |

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| Mon 12 | Tue 13 | Wed 14 | Thu 15 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 12-18 |
| October 2026 |

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| Fri 16 | Sat 17 | Sun 18 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| **Evening** | **Evening** | **Evening** |
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| 19-25 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| October 2026 |

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|  | | | |
| Mon 19 | Tue 20 | Wed 21 | Thu 22 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 19-25 |
| October 2026 |

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|  | | | |
| Fri 23 | Sat 24 | Sun 25 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 26-1 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **October** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| October 2026 /  November 2026 |

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| Mon 26 | Tue 27 | Wed 28 | Thu 29 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 26-1 |
| October 2026 /  November 2026 |

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|  | | | |
| Fri 30 | Sat 31 | Sun 1 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 2-8 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| November 2026 |

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| Mon 2 | Tue 3 | Wed 4 | Thu 5 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 2-8 |
| November 2026 |

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|  | | | |
| Fri 6 | Sat 7 | Sun 8 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 9-15 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| November 2026 |

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| Mon 9 | Tue 10 | Wed 11 | Thu 12 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 9-15 |
| November 2026 |

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| Fri 13 | Sat 14 | Sun 15 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 16-22 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| November 2026 |

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| Mon 16 | Tue 17 | Wed 18 | Thu 19 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 16-22 |
| November 2026 |

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| Fri 20 | Sat 21 | Sun 22 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| 23-29 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| November 2026 |

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| Mon 23 | Tue 24 | Wed 25 | Thu 26 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 23-29 |
| November 2026 |

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| Fri 27 | Sat 28 | Sun 29 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 30-6 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **November** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | \_ | \_ | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| November 2026 /  December 2026 |

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| Mon 30 | Tue 1 | Wed 2 | Thu 3 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 30-6 |
| November 2026 /  December 2026 |

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| Fri 4 | Sat 5 | Sun 6 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| **Evening** | **Evening** | **Evening** |
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| 7-13 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| December 2026 |

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| Mon 7 | Tue 8 | Wed 9 | Thu 10 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 7-13 |
| December 2026 |

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|  | | | |
| Fri 11 | Sat 12 | Sun 13 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 14-20 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| December 2026 |

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|  | | | |
| Mon 14 | Tue 15 | Wed 16 | Thu 17 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 14-20 |
| December 2026 |

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|  | | | |
| Fri 18 | Sat 19 | Sun 20 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| 21-27 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| December 2026 |

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|  | | | |
| Mon 21 | Tue 22 | Wed 23 | Thu 24 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 21-27 |
| December 2026 |

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|  | | | |
| Fri 25 | Sat 26 | Sun 27 | Notes |
| **Morning** | **Morning** | **Morning** |  |
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| **Afternoon** | **Afternoon** | **Afternoon** |
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| **Evening** | **Evening** | **Evening** |
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| 28-3 | |  | | --- | | This week | |  | |  | |  | |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **December** | | | | | | | | M | T | W | T | F | S | S | | \_ | 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 28 | 29 | 30 | 31 | \_ | \_ | \_ | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | |
| December 2026 /  January 2027 |

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|  | | | |
| Mon 28 | Tue 29 | Wed 30 | Thu 31 | |
| **Morning** | **Morning** | **Morning** | **Morning** | |
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| **Afternoon** | **Afternoon** | **Afternoon** | **Afternoon** | |
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| **Evening** | **Evening** | **Evening** | **Evening** | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **January** | | | | | | | | M | T | W | T | F | S | S | | \_ | \_ | \_ | \_ | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | \_ | \_ | ∙ | ∙ | ∙ | ∙ | ∙ | | 28-3 |
| December 2026 /  January 2027 |

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| Fri 1 | Sat 2 | Sun 3 | Notes |
| **Morning** | **Morning** | **Morning** |  |
|  |  |  |
| **Afternoon** | **Afternoon** | **Afternoon** |
|  |  |  |
| **Evening** | **Evening** | **Evening** |
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