

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 Off	

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 Gym						

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 Gym	21
22 Gym	23 Gym	24 Gym	25 Gym	26 Gym	27 Gym	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 Spooky Comp team only	26 Spooky comp team only
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 Jack Frost open to all	7 Jack Frost open to all
8 Gym	9 Gym	10 Gym	11 Gym	12 Gym	13 Gym	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			