| MONDAY |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| September | 18 | 25 |  |  |  |
| October | 2 | 9 | 16 | 23 | 30 |
| November | 6 | 13 | 20 | 27 |  |
| December | 4 | 11 | 18 |  |  |
| January | 8 | 15 | 22 | 29 |  |
| February | 5 | 12 | 19 | 26 |  |
| March | 4 | 11 | 18 |  |  |
| April | 8 | 15 | 22 | 29 |  |
| May | 6 | 13 | 20 |  |  |
| June | 3 | 10 | 17 |  |  |
| 35 lessons +1 |  |  |  |  |  |


| TUESDAY |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| September | 19 | 26 |  |  |  |  |
| October | 3 | 10 | 17 | 24 | 31 |  |
| November | 7 | 14 | 21 | 28 |  |  |
| December | 5 | 12 | 19 |  |  |  |
| January | 9 | 16 | 23 | 30 |  |  |
| February | 6 | 13 | 20 | 27 |  |  |
| March | 5 | 12 | 19 |  |  |  |
| April | 2 | 9 | 16 | 23 | 30 |  |
| May | 7 | 14 | 21 | 28 |  |  |
| June | 4 | 11 | 18 |  |  |  |
| 37 lessons |  |  |  |  |  |  |


| WEDNESDAY |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| September | 20 | 27 |  |  |  |  |
| October | 4 | 11 | 18 | 25 |  |  |
| November | 1 | 8 | 15 | 29 |  |  |
| December | 6 | 13 | 20 |  |  |  |
| January | 3 | 10 | 17 | 24 | 31 |  |
| February | 7 | 14 | 21 | 28 |  |  |
| March | 6 | 13 | 20 |  |  |  |
| April | 3 | 10 | 17 | 24 |  |  |
| May | 1 | 8 | 15 | 22 | 29 |  |
| June | 5 | 12 | 19 |  |  |  |
|  |  | 37 lessons |  |  |  |  |


| THURSDAY |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| September | 21 | 28 |  |  |  |
| October | 5 | 12 | 19 | 26 |  |
| November | 2 | 9 | 16 | 30 |  |
| December | 7 | 14 | 21 |  |  |
| January | 4 | 11 | 18 | 25 |  |
| February | 1 | 8 | 15 | 22 | 29 |
| March | 7 | 14 | 21 |  |  |
| April | 4 | 11 | 18 | 25 |  |
| May | 2 | 9 | 16 | 23 | 30 |
| June | 6 | 13 | 20 |  |  |
| 37 lessons |  |  |  |  |  |


| FRIDAY |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| September | 22 | 29 |  |  |  |
| October | 6 | 13 | 20 | 27 |  |
| November | 3 | 10 | 17 |  |  |
| December | 1 | 8 | 15 | 22 |  |
| January | 5 | 12 | 19 | 26 |  |
| February | 2 | 9 | 16 | 23 |  |
| March | 1 | 8 | 15 | 22 |  |
| April | 5 | 12 | 19 | 26 |  |
| May | 3 | 10 | 17 | 24 | 31 |
| June | 7 | 14 | 21 |  |  |
| 37 lessons |  |  |  |  |  |


| SATURDAY |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| September | 23 | 30 |  |  |  |  |
| October | 7 | 14 | 21 | 28 |  |  |
| November | 4 | 11 | 18 |  |  |  |
| December | 2 | 9 | 16 | 23 |  |  |
| January | 6 | 13 | 20 | 27 |  |  |
| February | 3 | 10 | 17 | 24 |  |  |
| March | 2 | 9 | 16 | 23 |  |  |
| April | 6 | 13 | 20 | 27 |  |  |
| May | 4 | 11 | 18 | 25 |  |  |
| June | 1 | 8 | 15 | 22 |  |  |
|  | 37 lessons |  |  |  |  |  |

