

# SESSION FIVE CALENDAR



JULY

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b>	<b>7</b> SESSION FIVE BEGINS  FITNESS CHALLENGE BEGINS	<b>8</b>	<b>9</b> SUMMER PILSUNG BEGINS	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>  SPARRING DAY	<b>15</b>  SPARRING DAY	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>  FITNESS CHALLENGE ENDS	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>  FITNESS MAKEUP	<b>29</b>  FITNESS MAKEUP	<b>30</b>  SPARRING DAY	<b>31</b>  SPARRING DAY	<b>1</b>  August	<b>2</b>
<b>3</b>	<b>4</b>  TEST PRACTICE  FITNESS CHALLENGE BEGINS	<b>5</b>  TEST PRACTICE	<b>6</b>  BELT TESTING	<b>7</b>  BELT TESTING	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>  BELT AWARDS	<b>12</b>  BELT AWARDS	<b>13</b>  GAMES DAY	<b>14</b>  GAMES DAY	<b>15</b>	<b>16</b>  SESSION FIVE ENDS