Lower Schoo

|  | September 2023 |  |  |  |  |  | October 2023 |  |  |  |  |  |  | November 2023 |  |  |  |  |  | December 2023 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mon |  | 4 | 11 | 18 | 25 | Mon |  | 2 | 9 | 16 | 23 | 30 | Mon |  | 6 | 13 | 20 | 27 | Mon |  | 4 | 11 | 18 | 25 |  |
| Tue |  | 5 | 12 | 19 | 26 | Tue |  | 3 | 10 | 17 | 24 | 31 | Tue |  | 7 | 14 | 21 | 28 | Tue |  | 5 | 12 | 19 | 26 |  |
| Wed |  | 6 | 13 | 20 | 27 | Wed |  | 4 | 11 | 18 | 25 |  | Wed | 1 | 8 | 15 | 22 | 29 | Wed |  | 6 | 13 | 20 | 27 |  |
| Thu |  | 7 | 14 | 21 | 28 | Thu |  | 5 | 12 | 19 | 26 |  | Thu | 2 | 9 | 16 | 23 | 30 | Thu |  | 7 | 14 | 21 | 28 |  |
| Fri | 1 | 8 | 15 | 22 | 29 | Fri |  | 6 | 13 | 20 | 27 |  | Fri | 3 | 10 | 17 | 24 |  | Fri | 1 | 8 | 15 | 22 | 29 |  |
| Sat | 2 | 9 | 16 | 23 | 30 | Sat |  | 7 | 14 | 21 | 28 |  | Sat | 4 | 11 | 18 | 25 |  | Sat | 2 | 9 | 16 | 23 | 30 |  |
| Sun | 3 | 10 | 17 | 24 |  | Sun | 1 | 8 | 15 | 22 | 29 |  | Sun | 5 | 12 | 19 | 26 |  | Sun | 3 | 10 | 17 | 24 | 31 |  |


|  | January 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon | $\mathbf{1}$ | $\mathbf{8}$ | $\mathbf{1 5}$ | $\mathbf{2 2}$ | $\mathbf{2 9}$ |  |
| Tue | $\mathbf{2}$ | 9 | 16 | 23 | 30 |  |
| Wed | 3 | 10 | 17 | 24 | 31 |  |
| Thu | $\mathbf{4}$ | $\mathbf{1 1}$ | 18 | 25 |  |  |
| Fri | 5 | 12 | 19 | 26 |  |  |
| Sat | 6 | $\mathbf{1 3}$ | 20 | 27 |  |  |
| Sun | 7 | 14 | 21 | 28 |  |  |


|  | February 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon |  | 5 | 12 | 19 | 26 |  |
| Tue |  | 6 | 13 | 20 | 27 |  |
| Wed |  | 7 | 14 | 21 | 28 |  |
| Thu | $\mathbf{1}$ | 8 | 15 | 22 | 29 |  |
| Fri | 2 | 9 | 16 | 23 |  |  |
| Sat | 3 | 10 | 17 | 24 |  |  |
| Sun | 4 | 11 | 18 | 25 |  |  |


|  | March 2024 |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :---: | :---: |
| Mon | 4 | 11 | 18 | 25 |  |  |  |
| Tue | 5 | 12 | 19 | 26 |  |  |  |
| Wed | 6 | 13 | 20 | 27 |  |  |  |
| Thu |  | 7 | 14 | 21 | 28 |  |  |
| Fri | 1 | 8 | 15 | 22 | 29 |  |  |
| Sat | 2 | 9 | 16 | 23 | 30 |  |  |
| Sun | 3 | 10 | 17 | 24 | 31 |  |  |


|  | April 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon | 1 | 8 | 15 | 22 | 29 |  |
| Tue | 2 | 9 | 16 | 23 | 30 |  |
| Wed | 3 | 10 | 17 | 24 |  |  |
| Thu | 4 | 11 | 18 | 25 |  |  |
| Fri | 5 | 12 | 19 | 26 |  |  |
| Sat | 6 | 13 | 20 | 27 |  |  |
| Sun | 7 | 14 | 21 | 28 |  |  |


|  | May 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon |  | 6 | 13 | 20 | 27 |  |
| Tue |  | 7 | 14 | 21 | 28 |  |
| Wed | $\mathbf{1}$ | 8 | 15 | 22 | 29 |  |
| Thu | $\mathbf{2}$ | 9 | 16 | 23 | 30 |  |
| Fri | 3 | 10 | 17 | 24 | 31 |  |
| Sat | 4 | 11 | 18 | 25 |  |  |
| Sun | 5 | 12 | 19 | 26 |  |  |


|  | June 2024 |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :---: |
| Mon | 3 | 10 | 17 | 24 |  |  |  |
| Tue | 4 | 11 | 18 | 25 |  |  |  |
| Wed | 5 | 12 | 19 | 26 |  |  |  |
| Thu | 6 | 13 | 20 | 27 |  |  |  |
| Fri | 7 | 14 | 21 | 28 |  |  |  |
| Sat | 8 | 15 | 22 | 29 |  |  |  |
| Sun | 9 | 16 | 23 | 30 |  |  |  |


|  | July 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon | $\mathbf{1}$ | 8 | 15 | 22 | 29 |  |
| Tue | 2 | 9 | 16 | 23 | 30 |  |
| Wed | 3 | 10 | 17 | 24 | 31 |  |
| Thu | 4 | 11 | 18 | 25 |  |  |
| Fri | 5 | 12 | 19 | 26 |  |  |
| Sat | 6 | 13 | 20 | 27 |  |  |
| Sun | 7 | 14 | 21 | 28 |  |  |


|  | August 2024 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Mon |  | 5 | 12 | 19 | 26 |  |
| Tue |  | 6 | 13 | 20 | 27 |  |
| Wed | 7 | 14 | 21 | 28 |  |  |
| Thu | $\mathbf{1}$ | 8 | 15 | 22 | 29 |  |
| Fri | 2 | 9 | 16 | 23 | 30 |  |
| Sat | 3 | 10 | 17 | 24 | 31 |  |
| Sun | 4 | 11 | 18 | 25 |  |  |

 place.

Training days set are as follows: $4^{\text {th }}$ September 2023, $5^{\text {th }}$ September 2023, $5^{\text {th }}$ January 2024, $15^{\text {th }}$ April 2024 and $22^{\text {nd }}$ July 2024.

