




| | 2022 | | | 2023 | | | | | | |
|------|------|-----|-----|------|-----|-----|-----|-----|-----|--|
| | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | |
| TUES | | | 1 | | | | | | | |
| WED | | | 2 | | | 1 | 1 | | | |
| THU | 1 | | 3 | 1 | | 2 | 2 | | | |
| FRI | 2 | | 4 | 2 | | 3 | 3 | | | |
| SAT | 3 | 1 | 5 | 3 | | 4 | 4 | 1 | | |
| SUN | 4 | 2 | 6 | 4 | 1 | 5 | 5 | 2 | | |
| MON | 5 | 3 | 7 | 5 | 2 | 6 | 6 | 3 | 1 | |
| TUE | 6 | 4 | 8 | 6 | 3 | 7 | 7 | 4 | 2 | |
| WED | 7 | 5 | 9 | 7 | 4 | 8 | 8 | 5 | 3 | |
| THU | 8 | 6 | 10 | 8 | 5 | 9 | 9 | 6 | 4 | |
| FRI | 9 | 7 | 11 | 9 | 6 | 10 | 10 | 7 | 5 | |
| SAT | 10 | 8 | 12 | 10 | 7 | 11 | 11 | 8 | 6 | |
| SUN | 11 | 9 | 13 | 11 | 8 | 12 | 12 | 9 | 7 | |
| MON | 12 | 10 | 14 | 12 | 9 | 13 | 13 | 10 | 8 | |
| TUE | 13 | 11 | 15 | 13 | 10 | 14 | 14 | 11 | 9 | |
| WED | 14 | 12 | 16 | 14 | 11 | 15 | 15 | 12 | 10 | |
| THU | 15 | 13 | 17 | 15 | 12 | 16 | 16 | 13 | 11 | |
| FRI | 16 | 14 | 18 | 16 | 13 | 17 | 17 | 14 | 12 | |
| SAT | 17 | 15 | 19 | 17 | 14 | 18 | 18 | 15 | 13 | |
| SUN | 18 | 16 | 20 | 18 | 15 | 19 | 19 | 16 | 14 | |
| MON | 19 | 17 | 21 | 19 | 16 | 20 | 20 | 17 | 15 | |
| TUE | 20 | 18 | 22 | 20 | 17 | 21 | 21 | 18 | 16 | |
| WED | 21 | 19 | 23 | 21 | 18 | 22 | 22 | 19 | 17 | |
| THU | 22 | 20 | 24 | 22 | 19 | 23 | 23 | 20 | 18 | |
| FRI | 23 | 21 | 25 | 23 | 20 | 24 | 24 | 21 | 19 | |
| SAT | 24 | 22 | 26 | 24 | 21 | 25 | 25 | 22 | 20 | |
| SUN | 25 | 23 | 27 | 25 | 22 | 26 | 26 | 23 | 21 | |
| MON | 26 | 24 | 28 | 26 | 23 | 27 | 27 | 24 | 22 | |
| TUE | 27 | 25 | 29 | 27 | 24 | 28 | 28 | 25 | 23 | |
| WED | 28 | 26 | 30 | 28 | 25 | | 29 | 26 | 24 | |
| THU | 29 | 27 | | 29 | 26 | | 30 | 27 | 25 | |
| FRI | 30 | 28 | | 30 | 27 | | 31 | 28 | 26 | |
| SAT | | 29 | | 31 | 28 | | | 29 | 27 | |
| SUN | | 30 | | | 29 | | | 30 | 28 | |
| MON | | 31 | | | 30 | | | | 29 | |
| TUE | | | | | 31 | | | | 30 | |
| WED | | | | | | | | | 31 | |

 Contact Days (all day - 7 Fridays, 6 Saturdays + 1 Thursday)

 Online Evenings (Tues / Wed 7 - 9pm)

9th & 10th May: 2 x Online Evenings (7 - 10pm)

 Sundays & Holidays