



FIT TO THRIVE

PERFORMANCE REDEFINED

2026

CALENDAR YEAR

Sept

Oct

CALENDAR MONTH

- Section A
- Section B
- Section C
- Section D

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 20	21	22	23	24	25	26
START OF COURSE	A. FORUM 1 (10:00-12:00 EST)	C. FORUM 1 (10:00-12:00 EST)	A. ACTIVITY 1 (10:00-12:00 EST)	C. ACTIVITY 1 (10:00-12:00 EST)		
	B. FORUM 1 (13:30-15:30 EST)	D. FORUM 1 (13:30-15:30 EST)	B. ACTIVITY 1 (13:30-15:30 EST)	D. ACTIVITY 1 (13:30-15:30 EST)		
27	28	29	30	1	2	3
	A. FORUM 2 (10:00-12:00 EST)	C. FORUM 2 (10:00-12:00 EST)	A. ACTIVITY 2 (10:00-12:00 EST)	C. ACTIVITY 2 (10:00-12:00 EST)		
	B. FORUM 2 (13:30-15:30 EST)	D. FORUM 2 (13:30-15:30 EST)	B. ACTIVITY 2 (13:30-15:30 EST)	D. ACTIVITY 2 (13:30-15:30 EST)		
4	5	6	7	8	9	10
	A. FORUM 3 (10:00-12:00 EST)	C. FORUM 3 (10:00-12:00 EST)	A. ACTIVITY 3 (10:00-12:00 EST)	C. ACTIVITY 3 (10:00-12:00 EST)		
	B. FORUM 3 (13:30-15:30 EST)	D. FORUM 3 (13:30-15:30 EST)	B. ACTIVITY 3 (13:30-15:30 EST)	D. ACTIVITY 3 (13:30-15:30 EST)		
11	12	13	14	15	16	17
	Canadian Thanksgiving	A. FORUM 4 (10:00-12:00 EST)	C. FORUM 4 (10:00-12:00 EST)	A. ACTIVITY 4 (10:00-12:00 EST)	C. ACTIVITY 4 (10:00-12:00 EST)	
		B. FORUM 4 (13:30-15:30 EST)	D. FORUM 4 (13:30-15:30 EST)	B. ACTIVITY 4 (13:30-15:30 EST)	D. ACTIVITY 4 (13:30-15:30 EST)	
18	19	20	21	22	23	24
	A. FORUM 5 (10:00-12:00 EST)	C. FORUM 5 (10:00-12:00 EST)	A. ACTIVITY 5 (10:00-12:00 EST)	C. ACTIVITY 5 (10:00-12:00 EST)		
	B. FORUM 5 (13:30-15:30 EST)	D. FORUM 5 (13:30-15:30 EST)	B. ACTIVITY 5 (13:30-15:30 EST)	D. ACTIVITY 5 (13:30-15:30 EST)		
25	26	27	28	29	30	31
	A. FORUM 6 (10:00-12:00 EST)	C. FORUM 6 (10:00-12:00 EST)				
	B. FORUM 6 (13:30-15:30 EST)	D. FORUM 6 (13:30-15:30 EST)				