

Saturday Daybreak Locations-Summer/Fall 2019

July

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

August

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

September

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

October

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

November

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

December

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

Raleigh Total Life Center:

5124 Departure Drive, Raleigh-Phone: 919-873-1870

Bond Park Total Life Center:

110 Maury O'Dell Place, Cary-Phone: 919-460-9008