

SEPTEMBER 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8 Body Metabolism BM002 Session 1 (8 sessions)	9	10
11	12 BM002 Session 2	13	14	15 BM002 Session 3	16	17
18	19 BM002 Session 4	20	21	22 BM002 Session 5	23	24
25	26 BM002 Session 6	27	28	29 BM002 Session 7	30 Truth & Reconciliation Day	

OCTOBER 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 BM002 Session 8	4	5	6 Nutrition Through the Lifespan NLS010 Session 1 (8 sessions)	7	8
9	10 Thanksgiving No Class	11	12	13 NLS010 Session 2	14	15
16	17 NLS010 Session 3	18	19	20 NLS010 Session 4	21	22
23	24 NLS010 Session 5	25	26	27 NLS010 Session 6	28	29
30	31 NLS010 Session 7					
<p>Please Note: There is no class on Mon. Oct 10 for Thanksgiving</p>						

NOVEMBER 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3 NLS010 Session 8	4	5
6	7 Professional Skills Development PSD01 Session 1 (8 sessions)	8	9	10 PSD01 Session 2	11 Remembrance Day	12
13	14 PSD01 Session 3	15	16	17 PSD01 Session 4	18	19
20	21 PSD01 Session 5	22	23	24 PSD01 Session 6	25	26
27	28 PSD01 Session 7	29	30			

DECEMBER 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PSD01 Session 8	2	3
4	5 Fitness & Sports Nutrition FSN013 Session 1 (7 sessions)	6	7	8 FSN013 Session 2	9	10
11	12 FSN013 Session 3	13	14	15 FSN013 Session 4 Cont'd in Semester 4	16 Holiday Break Begins	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<p>Please Note: First day back for the 2nd semester is Thurs. Jan 5th 2023</p>						