

<b>Term Dates with Details of 4-week Cycles</b>					
<b>Term</b>	<b>Cycle</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Autumn 2025</b>	8	1 - 5 September	8 - 12 September	15 - 19 September	22 - 26 September
	9	29 Sep - 3 Oct	6 - 10 October	13 - 17 October	20 - 24 October
	10	27 - 31 October	3 - 7 November	10 - 14 November	17 - 24 November
	11	24 - 28 November	1 - 5 December	8 - 12 December	15 - 19 December
<b>Winter 2026</b>	1	5 - 9 January	12 - 16 January	19 - 23 January	26 - 30 January
	2	2 - 6 February	9 - 13 February	16 - 20 February	23 - 27 February
	3	2 - 6 March	9 - 13 March	16 - 20 March	23 - 27 March
<b>Spring 2026</b>	4	30 Mar - 3 Apr	6 - 10 April	13 - 17 April	20 - 24 April
	5	27 Apr - 1 May	4 - 8 May	11 - 15 May	18 - 22 May
	6	25 - 29 May	1 - 5 June	8 - 12 June	15 - 19 June
	7	22 - 26 June	29 Jun - 3 Jul		
<b>Autumn 2026</b>	7			7 - 11 September	14 - 18 September
	8	21 - 25 September	28 Sep - 2 Oct	5 - 9 October	12 - 16 October
	9	19 - 23 October	26 - 30 October	2 - 6 November	9 - 13 November
	10	16 - 20 November	23 - 27 November	30 Nov - 4 Dec	7 - 11 December

Note some groups have additional meetings outside these weeks