

Saturday Daybreak-Summer/Fall 2026

July

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

August

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

September

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

October

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

November

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

December

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

Saturday Daybreak is held at:
 Raleigh Total Life Center
 5124 Departure Drive, Raleigh-Phone: 919-873-1870