

2026 October

(All times listed in Pacific Time)

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
27	28	29	30	1	2	3
<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>
Day 887	Day 888	Day 889	Day 890	Day 891	Day 892	Day 893
The Travelling Wilbury's - The End of the Line	War - Lowrider	Tal Bachman - She's So High	Velvet Voice Blues - Don't Call Me	Whitney Houston - How Will I Know	Will Smith - Miami	Quincy Jones Soul Bossa Nova (Austin Powers Theme)
			<u>7am - Soul Spa - Open to Everyone!</u>	<u>5pm - HERO Week 2</u>		<u>8am - HERO Week 1</u>
4	5	6	7	8	9	10
<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>
Day 894	Day 895	Day 896	Day 897	Day 898	Day 899	Day 900
Deneice Williams - Let's Hear it for the Boy	Teddy Swims - Bad Dreams	The Black Eyed Peas - Let's Get It Started	Miley Cyrus - Flowers	NSYNC - Tearin' Up My Heart	Belinda Carlyle - Heaven is a Place On Earth	Quincy Jones Soul Bossa Nova (Austin Powers Theme)
	<u>7am - PQ Integration (Invitation Only)</u>		<u>7am - Soul Spa - Open to Everyone!</u>	<u>5pm - HERO Week 3</u>		<u>8am - HERO Week 2</u>
11	12	13	14	15	16	17
<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>
Day 901	Day 902	Day 903	Day 904	Day 905	Day 906	Day 907
Deneice Williams - Let's Hear it for the Boy	Niall Horan - Slow Hands	OMC - How Bizzare	Phil Collins - You Can't Hurry Love	R City ft. Adam Levine - Locked Away	Salt N Pepa - Let's Talk About Sex	Quincy Jones Soul Bossa Nova (Austin Powers Theme)
			<u>7am - Soul Spa - Open to Everyone!</u>	<u>5pm - HERO Week 4</u>		<u>8am - HERO Week 3</u>
18	19	20	21	22	23	24
<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>
Day 908	Day 909	Day 910	Day 911	Day 912	Day 913	Day 914
Deneice Williams - Let's Hear it for the Boy	Kool & The Gang - Fresh	Jennifer Lopez - Booty	La Roux - Bulletproof	Lady Gaga - Pokerface	Maroon 5 ft. Cardi B - Girls Like You	Quincy Jones Soul Bossa Nova (Austin Powers Theme)
			<u>7am - Soul Spa - Open to Everyone!</u>	<u>5pm - HERO Week 5</u>		<u>8am - HERO Week 4</u>
25	26	27	28	29	30	31
<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>	<u>6:30-6:35am - Dance Party</u>
Day 915	Day 916	Day 917	Day 918	Day 919	Day 920	Day 921
Deneice Williams - Let's Hear it for the Boy	Harry Styles - Adore You	Hunter Hayes - Around the Sun	George Harrison - Got My Mind Set On You	Dr. Dre - The Next Episode (Official Music Video) ft. Snoop Dogg, Kurupt, Nate Dogg	Black Box - Strike It Up	Quincy Jones Soul Bossa Nova (Austin Powers Theme)
			<u>7am - Soul Spa - Open to Everyone!</u>	<u>5pm - HERO Week 6</u>		<u>8am - HERO Week 5</u>