

TIMETABLE

Autumn 2024

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Building Self-Confidence	09/09/2024	Monday	9:45am – 11:45am	6 weeks
Meditation & Journalling	10/09/2024	Tuesday	10:00am - 11:00am	6 weeks
Stretch & Tone	10/09/2024	Tuesday	1:30pm – 2:30pm	6 weeks
African Drumming	12/09/2024	Thursday	12:30pm – 2:30pm	6 weeks
Introduction to Holistic Therapies	22/10/2024	Tuesday	9:45am – 11:45am	7 weeks
Yoga	06/11/2024	Wednesday	1:30pm – 2:30pm	6 weeks
Body. Mind. Emotions.	07/11/2024	Thursday	9:45am – 11:45am	6 weeks
Living Life to the Full	07/11/2024	Thursday	12:30pm – 2:30pm	6 weeks
I CAN	13/11/2024	Wednesday	9:45am – 11:45am	5 weeks
ENGLISH				
English for Beginners	12/09/2024	Thursday	9:45am – 11:45am	Ongoing
ESOL Entry Level 1	09/09/2024	Monday & Tuesday	9:45am – 11:45am	Ongoing
ESOL Entry Level 2 (Morning class)	09/09/2024	Monday & Wednesday	9:45am – 12:45pm	Ongoing
ESOL Entry Level 2 (Afternoon class)	10/09/2024	Tuesday & Thursday	1:00pm – 3:00pm	Ongoing
ESOL Entry Level 3	10/09/2024	Tuesday & Thursday	9:45am – 12:45pm	Ongoing
Improve Your English	09/09/2024	Monday & Wednesday	9:45am – 11:45am	Ongoing
EMPLOYABILITY				
Leadership and Management	18/09/2024	Wednesday	10:30am – 12:30pm	8 weeks
Job Club	18/09/2024	Wednesday	1:00pm – 3:00pm	Ongoing
Business Admin	01/10/2024	Tuesday	9:45am – 12:45pm	10 weeks
Recreational IT	20/11/2024	Wednesday	9:45am – 11:45am	4 weeks
CULTURAL IDENTITY				
Exploring Civic and Cultural Society	19/09/2024	Thursday	9:45am – 11:45am	Ongoing

Courses/Dates/Times Subject to Change

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