

# TIMETABLE

## January - March 2026

| Course Title                           | Start Date | Day                 | Time             | End Date   |
|--|------------|---------------------|------------------|------------|
| <b>WELLBEING</b>                       |            |                     |                  |            |
| Money Management                       | 12/01/2026 | Monday              | 9.45am – 11.45am | 23/02/2026 |
| Stress Management                      | 12/01/2026 | Monday              | 12.30pm – 2.30pm | 23/02/2026 |
| Dancing Your Way to Health & Happiness | 13/01/2026 | Tuesday             | 9.45am – 11.45am | 24/02/2026 |
| Pilates                                | 13/01/2026 | Tuesday             | 1.30pm – 2.30pm  | 24/02/2026 |
| I Can                                  | 14/01/2026 | Wednesday           | 9.45am – 11.45am | 04/03/2026 |
| Mindfulness                            | 14/01/2026 | Wednesday           | 12.30pm – 2.30pm | 25/02/2026 |
| Living Life to the Full                | 16/02/2026 | Monday              | 12.30pm – 2.30pm | 23/03/2026 |
| Stitching Our Stories                  | 02/03/2026 | Monday              | 12.30pm – 2.30pm | 23/03/2026 |
| Basic Spanish                          | 04/03/2026 | Wednesday           | 9.45am – 11.45am | 13/05/2026 |
| <b>ENGLISH</b>                         |            |                     |                  |            |
| English for Beginners                  | 18/09/2025 | Thursday            | 9.45am – 11.45am | Ongoing    |
| ESOL Entry Level 1                     | 09/09/2025 | Monday & Tuesday    | 9.45am – 11.45am | Ongoing    |
| ESOL Entry Level 2 (Morning class)     | 08/09/2025 | Monday & Wednesday  | 9.45am – 12.45pm | Ongoing    |
| ESOL Entry Level 2 (Afternoon class)   | 09/09/2025 | Tuesday & Wednesday | 1.00pm – 3.00pm  | Ongoing    |
| ESOL Entry Level 3                     | 09/09/2025 | Tuesday & Thursday  | 9.45am – 12.45pm | Ongoing    |
| Improve Your English                   | 15/09/2025 | Monday & Wednesday  | 9.45am – 11.45am | Ongoing    |
| <b>EMPLOYABILITY</b>                   |            |                     |                  |            |
| Refresher IT course (1)                | 15/01/2026 | Thursday            | 9.45am – 11.45am | 29/01/2026 |
| Feel the Fear                          | 15/01/2026 | Thursday            | 12.30pm – 2.30pm | 26/02/2026 |
| Refresher IT course (2)                | 05/02/2026 | Thursday            | 9.45am – 11.45am | 26/02/2026 |
| Mental Health First Aid                | 03/02/2026 | Tuesday             | 9.30am – 3.00pm  | One off    |
| First Aid                              | 12/03/2026 | Thursday            | 9.30am – 3.00pm  | One off    |
| <b>CULTURAL IDENTITY</b>               |            |                     |                  |            |
| Exploring Civic and Cultural Society   | 18/09/2025 | Thursday            | 9.45am – 11.45am | Ongoing    |
| Cultures Unveiled                      | 14/01/2026 | Wednesday           | 9.45am – 12.15pm | 25/02/2026 |

**\*Courses/Dates/Times Subject to Change**

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