

**Buzz Hub sessions timetable**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week**  **Starting:** | **Monday** | **Tuesday** | | **Wednesday** | | | **Thursday** | | **Friday** | **Saturday** | **Sunday** |
| 9.30 | QCF and NVQ training |  | |  | | |  | | Training for Head office |  |  |
| 10.00 | **Garden project and pet care** | | Nutritious  Cooking | |  | **One to one**  **Sessions available** | MASSAGE session |  |  |
| 10.30 |  |  |
| 11.00 |  |  |
| 11.30 |  |  |
| 12.00 |  |  |
| 12.30 |  |  |  |
| 13.00 |  |  |  |
| 13.30 | **Art with**  **Janet** | |  | | |  | |  |
| 14.00 | Nutritious  Cooking |  | | **One to one**  **Sessions available** | MASSAGE session |  |  |
| 14.30 |  |  |  |  |
| 15.00 |  |  |  |
| 15.30 | HO booking |  |
| 16.00 |  |  |
| 16.30 |  |  |  |  |
|  |  |
| 17.00 |  |  |  |  | | |  | | **7-11 pm**  **Disco night**  **Last fri each month** |  |
| 17.30 |  |  |  |  | | |  |
| 18.00 |  |  |  |  | | |  |  |
| 18.30 |  |  |  |  | | |  | |  |  |
| 19.00 |  |  |  |  | | |  | |  |  |  |