
















Week 11 Equipment list

<p>Portrait photography with Anna</p>  <ul style="list-style-type: none"> • A large object i.e. book or chopping board • Phone or tablet • Tinfoil 	<p>Italian soup making with Brid</p>  <ul style="list-style-type: none"> • Potato • Onion • Celery stick • Carrot • Garlic • A leek • Fresh or dried herbs • 2 tins of chopped tomatoes • A tin of kidney beans/chickpeas • Salt, pepper, and olive oil 	<p>3 Minutes to Tone with Charlotte</p>  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • Egg or potatoe • Buckets/bottle of water • Space • Comfortable clothes and runners • Drink of Water
<p>Aerobics with Arita 8</p>  <ul style="list-style-type: none"> • A drink of water • Comfortable clothing and shoes • Space to move in a relaxing room • A chair • Blanket or cushion 	<p>Sea-life art with Edel</p>  <ul style="list-style-type: none"> • Paper • Pencil • Eraser • Ruler 	<p>3 Minutes to Tone with Charlotte</p>  <ul style="list-style-type: none"> • A bottle of water • Ball • Washing basket • Spoon • Space • Comfortable clothes and runners • Drink of Water

How to bank with AIB  <ul style="list-style-type: none"> • Pen and some paper 	The big question episode one  <ul style="list-style-type: none"> • Pen and some paper 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Ball/Ballon • Frying pan • Space • Comfortable clothes and runners • Drink of Water
Block painting with Andy  <ul style="list-style-type: none"> • Paper • Paint • Pencil • Ruler • Paint brush • Black marker 	Hand message with Deborah  <ul style="list-style-type: none"> • Mask and gloves • Cream or oil • Towel 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water x6 /Toilet roll x6 • Space • Comfortable clothes and runners • Drink of Water
Boxing exercises with Paul  <ul style="list-style-type: none"> • Chair • Some water • Comfortable clothing 	Irish sign language with Robert  <ul style="list-style-type: none"> • Pen and some paper 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Ball • Books/ buckets/ tinned cans x2 • Space

