















Timetable for Week 10

Monday	The big question episode 1 	Yoga with Anita 	3 Minutes to Tone with Charlotte 1 
Tuesday	Irish sign language with Robert 	Pizza making with Mary Clare 	3 Minutes to Tone with Charlotte 2 
Wednesday	How to bank with AIB 	Wildlife giraffe drawing with Edel 	3 Minutes to Tone with Charlotte 3 
Thursday	Paul's chair exercises 	Landscape photography with Anna 	3 Minutes to Tone with Charlotte 4 
Friday	Hand massage with Deborah 	Crafts with Carmel and Joanne 	3 Minutes to Tone with Charlotte 5 