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| Monday | Portrait photography with Anna  | Italian soup making with Brid  | 3 Minutes to Tone with Charlotte 1  |
| Tuesday | Aerobics with Arita 8  | Sea-life art with Edel  | 3 Minutes to Tone with Charlotte 2  |
| Wednesday | Learn to bank with AIB  | The big question episode 1  | 3 Minutes to Tone with Charlotte 3  |
| Thursday | Block painting with Andy  | Hand massage with beauty by Deborah  | 3 Minutes to Tone with Charlotte 4  |
| Friday | Boxing exercises with Paul  | Irish sign language with Robert  | 3 Minutes to Tone with Charlotte 5  |

