





Timetable for Week 9

Monday	How to Guide to Banking	Making a flower with Carmel and Joanne	3 Minutes to Tone with Jenna 1
Tuesday	Photography with Anna- Landscape	Making Vegetable Soup with Brid	3 Minutes to Tone with Jenna 1
Wednesday	Yoga with Anita	Guitar with Ruairi	3 Minutes to Tone with Jenna 3
Thursday	Aerobics with Arita	Sketching a Monkey with Edel	3 Minutes to Tone with Jenna 4
Friday	Painting a Cherry Blossom with Andy	Chair Exercises with Paul	3 Minutes to Tone with Jenna 5