

# Mustard Tree

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning Sessions	11:00 - 12:00 <b>Table Tennis</b> Health and wellbeing suite	10:00 - 12:00 <b>Job Club</b> IT suite	10:00 - 12:00 <b>Customer Service</b> Training Room 2	10:00 - 12:00 <b>Creative Writing</b> Training room 2	10:00 - 12:00 <b>Job Club</b> IT Suite		Open
		10:00 - 13:00 <b>Ashwood Solicitors</b> Green Room	10:00 - 12:00 <b>Drama</b> Health & Wellbeing Suite		12:00 - 13:00 <b>Breath Yoga</b> 1st and 3rd Friday of Every Month Health & Wellbeing Suite		
		10:00 - 13:00 <b>Textiles</b> Art Studio	11:00 - 13:00 <b>ESOL Intermediate</b> Training Room 2	10:00 - 12:00 <b>IT/ Computer Skills</b> IT Suite		12:00 - 13:00 <b>Badminton</b> 2nd and 4th Friday of Every Month Health & Wellbeing Suite	
		11:00 - 13:00 <b>ESOL for Beginners</b> Training Room 2					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
Afternoon Sessions	14:00 - 15:00 <b>Chair Yoga</b> Health & Wellbeing Suite	14:00 - 16:00 <b>Art Class</b> Art studio	14:00 - 16:00 <b>Art Class</b> Art Studio	Closed	14:00 - 16:00 <b>Song Club</b> Health & Wellbeing Suite		14:00 - 16:00 <b>Narcotics Anonymous</b> Training Room 1 & 2
			14:00 - 16:00 <b>Music</b> Recording Studio				
Evening Sessions	Closed	19:00 - 21:00 <b>Narcotics Anonymous</b> Training Room 1 & 2	19:00 - 21:00 1st Wed of Every Month <b>Sanctuary</b> Break Out Space	Closed	17:30 - 21:00 <b>Soup Run</b> Break Out Space	Closed	