



Anam Hub Timetable - 6 Weeks

Starting Monday November 8th 2021

**** DJ JOE changed to 11am****

Program	Facilitator	Monday	Tuesday	Wed	Thursday	Friday
ART (Y&Z)	Lisa			11am		
MUSIC (Y)	Mary	11am				
YOGA (Y)	Kieran/ Kamila		1.45 <i>Kieran</i>		1.45 <i>Kamila</i>	
SPORT (Y)	Susan	Daily	Daily	Daily	Daily	Daily
DANCE (Z)	Jess				11-12	
SOUND THERAPY (Y)	John		11-12			
RADIO SHOW (Y)	Joe O'Keeffe				11-12.30	
DRUMMING (Z)	John			1.45pm		

All Live shows are now on repeat straight after broadcast.

Y= Youtube Z= Zoom

