



Anam Hub Timetable - 6 Weeks
Starting Monday March 28th 2022

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UPDATE: Radio Show with Joe has a new show. Tuesdays 1-2pm

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
SOUND THERAPY (Y)	John		11-12			
RADIO SHOW (Y)	Joe O'Keeffe		1-2 New Show		11-12.30	
DRUMMING (Z)	John			1.45pm		
Dance (Z)	Jess		11am (5 weeks) see dance page for info			

All Live shows are now on repeat straight after broadcast.

Y= YouTube Z= Zoom

