

Activity	Classes per month	Monthly Program							
		Weeks 1 & 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nutrition	2	Morning		Yoga		English	Child Learning	Yoga	School
Cooking	2				Computers			English	
Dance	2	Afternoon		English	Handicrafts	Music	Computers		
Self-Development	4					Sport		Finance	Sport
Handicrafts	4	Night		Cooking	Self-Dmnt		Dance		
Sport	8								
Yoga	8								
Child Learning	4								
English	12	Weeks 2 & 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Art	2	Morning		Yoga		English	Child Learning	Yoga	School
Music	2				Computers			English	
Finance	4	Afternoon		English	Handicrafts	Art	Computers		
Computers	4					Sport		Finance	Sport
Womens Rights	1	Night		Nutrition	Self-Dmnt			Wms Rights*	
School	8								

