



## Qi-mindful drop-in classes timetable Feb to April / May 2023

(All times are for the UK)

Until 1<sup>st</sup> April the basic pattern of classes is *9-10am Mondays, 5-6pm Wednesdays and 9-9.30am Fridays.*

All variations in the normal pattern are marked in **red**.

Please check the timetable carefully to avoid disappointment!

### JANUARY 2023

<b>Tuesday 3rd January</b>	<b>9am - 10am</b>
Wednesday 4th January	5pm - 6pm
<b>Thursday 5th January</b>	<b>9am - 9.30am</b>
Monday 16th January	9am - 10am
<b>Tuesday 17th January</b>	<b>5pm - 6pm</b>
<b>Wednesday 18th January</b>	<b>9am - 10am</b>
Friday 20th January	9am - 9.30am
Monday 23rd January	9am - 10am
Wednesday 25th January	5pm - 6pm
Friday 27th January	9am - 9.30am
Monday 30th January	9am - 10am

### FEBRUARY 2023

Wednesday 1st February	5pm - 6pm
Friday 3rd February	9am - 9.30am
Monday 6th February	9am - 10am
Wednesday 8th February	5pm - 6pm
Friday 10th February	9am - 9.30am
Monday 13th February	9am - 10am
Wednesday 15th February	5pm - 6pm
<b>Thursday 16th February</b>	<b>9am - 9.30am</b>
Friday 24th February	9am - 9.30am
Monday 27th February	9am - 10am

## MARCH 2023

Wednesday 1st March	5pm - 6pm
Friday 3rd March	9am - 9.30am
<b>Monday 13th March</b>	<b>5pm - 6pm</b>
Wednesday 15th March	5pm - 6pm
<b>Friday 17th March</b>	<b>5pm - 5.30pm</b>
Monday 20th March	9am - 10am
Wednesday 22nd March	5pm - 6pm
<b>Thursday 23rd March</b>	<b>9am - 9.30am</b>
Monday 27th March	9am - 10am
Wednesday 29th March	5pm - 6pm
Friday 31st March	9am - 9.30am

## APRIL / MAY 2023

Friday 7th April	9am - 9.30am
Monday 10th April	9am - 10am
Wednesday 12th April	5pm - 6pm
Friday 14th April	9am - 9.30am
<b>Tuesday 25th April</b>	<b>9am - 10am</b>
Wednesday 26th April	5pm - 6pm
Friday 28th April	9am - 9.30am
Monday 1st May	9am - 10am
Wednesday 3rd May	5pm - 6pm
Friday 5th May	9am - 9.30am

See the timetable online [HERE](#)