



# Annangrove Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am	5.45am	5.45am	5.45am	5.45am	
7:00am	7:00am	7:00am	7:00am	7:00am	7:00am
8.00am				8.00am	8:00am
9.00am	9.00am	9.00am	9.00am	9.00am	9:00am
10.00am <b>New Member Technique</b>				10.00am <b>New Member Technique</b>	
4.00pm	4.00pm	4.00pm	4.00pm		
	5.00pm <b>New Member Technique</b>			Evening Workshops	
6.00pm	6.00pm	6.00pm	6.00pm		
7:00pm	7:00pm	7:00pm	7:00pm		

*All classes are 50 min programs. Please be wrapped and ready to start 10 min before this time.*