

THE ESSENTIAL GUIDE TO EFFECTIVE PROGRAMMES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:00	Morning Yoga	Pilates	Zumba Dance	Body Pump	Kickboxing
10:30	Cooking Class	Art Workshop	Book Club	Meditation	CrossFit
12:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00	Photography	Tai Chi	Bootcamp	Jazz Dance	HIIT Workout
14:30	Coding Lab	Knitting	Movie Club	Yoga Flow	Spin Class
16:00	Debate Club	Chess Strategy	Poetry Slam	Outdoor Sports	Dance Choreo
17:30	Evening Walk	Stretching	Jogging	Kickboxing	Pilates Class
19:00	Dinner Break	Dinner Break	Dinner Break	Dinner Break	Dinner Break
20:00	Drama Club	Stand-up Comedy	Open Mic	Live Music	Comedy Show
21:30	Movie Night	Improv Night	Concert	Game Night	Karaoke
23:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Guide To A Successful Program

L Cohen



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