

## **BUILDING INNER STRENGTH SCHEDULE**

**26<sup>th</sup> to 28<sup>th</sup> November 2021**

(all times in GMT)

**Fri 26 November:**

**19:00-20:30                  Session 1**

**Sat 27 November:**

**10:00 - 11:30                  Session 2**

**11:30 – 11:45                  Break**

**11:45 – 13:15                  Session 3**

**13:15 - 14:15                  Break**

**14:15 – 15:45                  Session 4**

**15:45 – 16:00                  Break**

**16:00 - 17:30                  Session 5**

**Sunday 28 November:**

**10:00 - 11:30                  Session 6**

**11:30 – 11:45                  Break**

**11:45 – 13:15                  Session 7**

**13:15 - 14:15                  Break**

**14:15 – 15:50                  Session 8**