

## Sample English with Health & Wellbeing Course Programme

Time	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0900 to 1030		English Lessons	English Lessons	English Through Lessons	English Through Lessons	<b>Lecture</b> (Intermediate or pre-intermediate level students have lessons instead)
1100 to 1230		English Lessons	Britain Today lessons	English Lessons	English Lessons	<b>English Lessons</b>
1230		Lunch	Lunch	Lunch	Lunch	Lunch
1330 to 1500		<b>1330 to 1415</b> Weekly talk  <b>1415 to 1545</b> Private tutorials or Guided Self-Study Support	<b>1330 to 1500</b> Self-Study Support A teacher is in the Self-Study room to help you  <b>1430</b> Sports and Social Activities	<b>Health &amp; Wellbeing lessons</b> (Nutrition 1 & 2, Yoga & Yoga philosophy)	<b>Health &amp; Wellbeing lessons</b> (Nutrition 1 & 2, Yoga & Yoga philosophy)	Free afternoon - Can use the Self Study Room, common rooms, garden or sports hall

- The School is open until 1700. Students can stay at school to use the garden, sport hall, computer room, self-study room or classrooms to continue their studies or just to socialise with their friends.
- The Pavilion is open from 1730 to 2100, Mondays to Thursdays for students. Here you can listen to music, watch a film, use the Sports Hall, play table tennis, board games or computer games, do your homework, play instruments in the Music Room, use the wi-fi or just relax.
  - There is a full social programme to take part in.
  - Adult students are aged between 16 and 80 years.
- The maximum English class size is 14. The maximum Health & Wellbeing class size is 16.