

Sample English with Health & Wellbeing Course Programme

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Time					
0900 to 1030	English Lessons	English Lessons	English Lessons	English Lessons	Lecture (Intermediate and lower-level students have lessons instead)
1100 to 1230	English Lessons	Britain Today lessons	English Through Lessons	English Through Lessons	English Lessons
1230	Lunch	Lunch	Lunch	Lunch	Lunch
1330 to 1500	1330 to 1415 Weekly talk 1415 to 1545 Tutorials, sport hall use or guided Self-Study Support	1330 to 1500 Self-Study Support A teacher is in the Self-Study room to help you 1430 Sports and Social Activities	Health & Wellbeing lessons (Wellbeing & confidence, Nutrition 1 & 2, Yoga & Yoga philosophy)	Health & Wellbeing lessons (Wellbeing & confidence, 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, library, self-study room or classrooms to continue their studies or just to socialise with their friends.
 - 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 and the maximum Health and Wellbeing class size is 16.