

Please call 0300-6662747 or email [bagnallproject@oasispartnership.org](mailto:bagnallproject@oasispartnership.org) to book or enquire.



**\*ALL SESSIONS ARE FREE OF CHARGE UNLESS STATED OTHERWISE**



	Mindfulness Monday	Transformational Tuesday	Wednesday	Thursday	Friday
<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>	<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>	<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>	<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>	<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>	<p><b>10AM - 12PM</b> Youth RTW advice &amp; support 18 - 25 y/o</p> <p><b>12PM - 3PM</b> Adults RTW 25+ years</p>
<p><b>11.30AM - 12.30PM</b> Yoga with Emma</p> <p><b>3.15PM - 3.45PM</b> Meditation with Emma</p>	<p><b>10AM - 11AM</b> Circuit Training with Lewis</p> <p><b>6PM - 7PM</b> Ladies Circuits with Lewis</p>	<p><b>10AM - 4PM</b> 'Walk In' Bagnall tours with Howard</p>	<p><b>6PM - 7PM</b> Men's Circuit Training with Lewis</p>	<p><b>10AM - 11AM</b> Circuit Training with Lewis</p> <p><b>11AM - 1PM</b> Wellbeing Walking Group with Lewis</p>	
<p><b>10AM - 5PM</b> Tech Launch Pad *Advance Booking Required</p>	<p><b>2PM - 4PM</b> All abilities Arts &amp; Crafts</p> <p><b>5PM - 7PM</b> Social Art Group</p>	<p><b>10AM - 1PM</b> Reflection time &amp; Sketching with Emily</p>	<p><b>2PM - 4PM</b> All Abilities Baking Session (Training Kitchen)</p>	<p><b>1PM - 2PM</b> Artful Menders</p>	
<p><b>10AM - 11AM</b> Mindfulness taster with Emma</p> <p><b>1PM - 3PM</b> Mindfulness (8 week course) with Emma</p>	<p><b>5PM - 7PM</b> 1-1 Meditation with Jade *Advance Booking Required (Therapy room)</p>	<p><b>12PM - 3PM</b> Computer access, study space, adult learning courses &amp; support with Jade</p>	<p><b>5PM - 7PM</b> 1-1 Meditation with Jade *Advance Booking Required (Therapy room)</p>	<p><b>12M - 3PM</b> Computer access, study space, adult learning courses &amp; support with Jade</p>	

**More sessions coming soon...**