

## Weekend and Evenings Timetable

|          |                          |                                  |
|----------|--------------------------|----------------------------------|
| Monday   | Yoga                     | 7pm – 8.30pm                     |
| Tuesday  | Oxygen treatment         | 5.45pm – 7.30pm                  |
| Tuesday  | Counselling              | Until 6.30pm                     |
| Saturday | Oxygen treatment         | Morning                          |
| Saturday | Acupuncture              | Morning                          |
| Saturday | Physiotherapy assessment | Appointment available on request |