

#BeeInTheTeam

Online sessions - weekly timetable

	Session	Platform	Age	Gender	Time
Monday	Soccercise Videos	YouTube, Facebook, Instagram	All	M & F	10:30am
	Gymnastics	Zoom	8 - 12	M & F	5-6pm
	Who runs the world ? Girls only workshop	Zoom	13 - 18	F	4-5:30pm
	Gymnastics	Zoom	13 - 16	M & F	6-7pm
Tuesday	Football & Fitness	Zoom	6 - 10	M & F	5-6pm
	Football & Fitness	Zoom	12 - 18	M & F	5-6pm
	Quick Fire Chats - Let's Discuss This	Zoom	15+	M & F	5-6:30pm
	Football & Fitness	Zoom	10 - 16	M/F	6-7pm
Wednesday	Hiit Workouts/PE Lesson	Youtube,Facebook,Instagram	All	M & F	10:30am
	Football & Fitness - Girls only	Zoom	10 - 16	F	5-6pm
	BFCST Industry/Employment	Zoom	16+	M & F	5 - 6pm - 10th February
	Games Night	Zoom	13 - 18	M & F	6 - 7pm
Thursday	Employability skills	Zoom	15+	M & F	4:30 - 5:30pm
	Football & Fitness	Zoom	12 - 18	M & F	5 - 6pm
	Webinar	Zoom	Depending on topic	M & F	6 - 7pm
	* Strength and Conditioning with Tom Perryman <small>Brentford FC 1st Team Strength & Conditioning Coach</small>	Zoom	6 - 19	M & F	6 - 7pm - 4th February
Friday	Challenge Videos	YouTube, Facebook, Instagram	All	M & F	10:30am

* Featured webinar

