

Monday	<p>Beginners IT 9:30am - 11:30am (CR)</p> <p>Needles & Pins 9.30am —12.00 pm (CCC room)</p>	<p>Free Internet Access 11:45 am -12:45 pm (CR)</p>	<p>Flexi and Online Learning 1.30 pm—4.30 pm ECDL/Pre ECDL (CR FVC)</p>
Tuesday	<p>Intro to Digital Photography 10.00am— 12.00pm (CR)</p>	<p>One to One Assistance 09.30 am—12.00pm (MR)</p>	<p>Pads & Tablets1.15pm -2.45pm CR room</p>
Wednesday	<p>Scottish History 10.00 am—12.00 am (ccc meeting room)</p> <p>Cardio Dance 10.45am —11.45 pm ccc main hall</p> <p>Get Going Group 10.00 am —3.00pm CR</p>	<p>Get Going Group 10.00 am—3.00 pm CR</p>	<p>Budgeting Skills 03.00pm —4.00 pm(CR) Get</p> <p>Going Group 10.00 am—3.00 pm CR</p>
Thursday	<p>Employability Plus 9.30am—12.00 pm 5 weeks (computer room)</p> <p>Complementary therapies 1/2 hour appointments 10.00 am —2.00 pm</p>	<p>Work search sessions 12.15 pm— 2.00 pm (computer room)</p>	<p>Internet and Universal Credit computer use 2.00pm —4.00pm</p>
Friday	<p>CAB Advisory Training CR 9.15—2.30 pm</p>		<p>Free use of internet 3.00pm —4.00 pm (CR)</p> <p>CAB Advisory Training CR 9.15 am —2.30 pm</p>