

Mason's Mission Timetable ~ Week Commencing 11th January 2021

<p>Motivational Monday</p>  <p>Low impact cardio workout with Ms Mason</p>	<p>Take Care Tuesday</p>  <p>Mental health tips with Ms Cavendish</p>	<p>Winning Wednesday</p>  <p>Cooking Flatbread with Miss Beaman & Mr Ahmad – recipe to follow</p>	<p>Thankful Thursday</p>  <p>Stretching with Ms Mason</p>	<p>Funday Friday</p>  <p>Quiz</p>
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