30 minutes that matter !

Period from 17 April to 14 May 2023 Schedule : hours UTC+1 until 25 March; from 26 March hours UTC+2

	Week 1 : from 03/20 to 03/26							**Week 2 : from 03/27 to 04/02**							**Week 3 : from 04/03 to 04/09**							**Week 4 : from 04/10 to 04/16**						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	**Sunday**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6h30	6h45						6h30	6h45						6h30	6h45						6h30	6h45		
Morning	7h00			7h00				7h00			7h00				7h00			7h00							7h00			
6 h - 10 h	9h00							9h00							9h00													
	9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00			9h30	9h45 Portuguese		9h00			
Lunch time	12h15	12h30	12h15English					12h15	12h30	12h15English					12h15	12h30	12h15English					12h30	12h15English					
12h - 14 h	13hEnglish	13h00		13h00				13hEnglish	13h00		13h00				13hEnglish	13h00		13h00				13hEnglish		13h00				
			14h00 Portuguese							14h00 Portuguese							14h00 Portuguese						14h00 Portuguese					
Late Afternoon		17h30							17h30							17h30						17h30						
17h-18 h 30		18h30	18h00 English						18h30	18h00 English						18h30	18h00 English					18h30	18h00 English					
Early evening	19h00 Polish		19h00 Polish	19h00				19h00 Polish		19h00 Polish	19h00				19h00 Polish		19h00 Polish	19h00					19h00 Polish	19h00				
From 19 h	19h45		19h45	20h00 Polish			20h30	19h45		19h45	20h00 Polish			20h30	19h45		19h45	20h00 Polish					19h45	20h00 Polish				20h30
				20h45							20h45							20h45						20h45				

Get ready to embrace your day

Sophro Boost

To Refocus on oneself

Being Aligned

Public holiday On public holidays you will receive the link to your audio practice in the morning in your mailbox.

Sunday 03/26/23 time change