30 minutes that matter !

Period from 12 June to 09 July 2023 Schedule : hours UTC+2

	Week 1: 12/06 to 18/06							Week 2: 19/06 to 25/06							Week 3: 26/06 to 02/07							Week 4: 03/07 to 09/07						
	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			7h00			
6 h - 10 h	9h00							9h00							9h00							9h00						
	9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00		
Lunch time	12h15	12h30		12h15 GB				12h15	12h30		12h15 GB				12h15	12h30		12h15 GB				12h15	12h30	13hEnglish				
12h - 14 h	13hEnglish	13h00		13h00				13hEnglish	13h00		13h00				13hEnglish	13h00		13h00				13hEnglis	13h00		13h00			
			14h00 Portuguese							14h00 Portuguese							14h00 Portuguese							14h00 Portuguese				
Late Afternoon		17h30							17h30							17h30							17h30					
17h-18 h 30		18h30							18h30							18h30							18h30					
Early evening	19h00 Polish		19h00 Polish	19h00				19h00 Polish		19h00 Polish	19h00				19h00 Polish		19h00 Polish	19h00				19h00 Polish		19h00 Polish	19h00			
From 19h	19h45		19h45	20h00 Polish			20h30	19h45		19h45	20h00 Polish			20h30	19h45		19h45	20h00 Polish			20h30	19h45		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.