

BMSTC Timetable

Oxygen Timetable

	10am – 11.30am	11.30am – 1pm	1.30pm – 3pm	5.45pm – 7.15pm
Monday	24ft	16.5ft	24ft	
Tuesday		16.5ft	16.5ft	33ft
Wednesday	33ft	16.5ft	33ft	
Thursday	24ft	16.5ft	33ft	
Friday	33ft	33ft*		
Saturday	33ft	33ft*		

* These sessions start at 11.45

Therapies

	am	pm	evening
Monday	Massage		Yoga
Tuesday	Reflexology	Counselling	* These therapies are offered on alternate weeks
Wednesday	Acupuncture	Acupuncture Spinal Reflexology*	
Thursday	Acupuncture* Footcare* Henley	Tai Chi Spinal Reflexology* Footcare* Henley	
Friday	Footcare* Reiki	Footcare*	
Saturday	Acupuncture		