

# DISABILITYSPORTSCOACH

## Zoom sessions timetable

**Time?**

**Wednesdays  
17:00-17:30**

**Thursdays  
17:00-17:30**

**Fridays  
17:00-17:30**

**What?**

**Dance with  
Sasha**

**Yoga with  
Michelle**

**Quiz  
Time**

**When?**

**Weekly**

**Weekly**

**Last Friday of  
each month**

Sign up for free at [www.disabilitysportscoach.co.uk/dscathome](http://www.disabilitysportscoach.co.uk/dscathome)  
or contact [clubs@disabilitysportscoach.co.uk](mailto:clubs@disabilitysportscoach.co.uk)