

Mondays

X = session time unavailable

| 2022 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| October 31 st | | | |
| November 7 th | | | |
| November 14 th | | | |
| November 21 st | | | |
| November 28 th | | x | |
| December 5 th | | | x |
| December 12 th | x | | |
| December 19 th | | | |
| December 26 th | x | x | x |

| 2023 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| January 2 nd | x | x | x |
| January 9 th | | | |
| January 16 th | | | |
| January 23 rd | x | x | x |
| January 30 th | x | | |
| February 6 th | | | |
| February 13 th | | | |
| February 20 th | | | x |
| February 27 th | | | x |
| March 6 th | x | x | x |
| March 13 th | | | |
| March 20 th | | | |
| March 27 th | | | |

| | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|------------------------|-------------------------|-------------------------|------------------------|
| April 3 rd | | | |
| April 10 th | x | x | x |
| April 17 th | | | |
| April 24 th | | | |
| May 1 st | | | |
| May 8 th | | | |
| May 15 th | | | |
| May 22 nd | | | |
| May 29 th | | | |
| June 5 th | | | |
| June 12 th | x | x | x |
| June 19 th | | | |
| June 26 th | | | |

Tuesdays

X = session time unavailable

| 2022 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| November 1 st | | | |
| November 8 th | | | X |
| November 15 th | | | X |
| November 22 nd | | | |
| November 29 th | | X | |
| December 6 th | X | X | |
| December 13 th | | | X |
| December 20 th | | X | |
| December 27 th | X | X | X |

| 2023 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| January 3 rd | X | X | X |
| January 10 th | | | |
| January 17 th | | | |
| January 24 th | X | X | X |
| January 31 st | | | X |
| February 7 th | | | |
| February 14 th | | | X |
| February 21 st | X | | |
| February 28 th | | | |
| March 7 th | | X | |
| March 14 th | | | |
| March 21 st | | | |
| March 28 th | | | |

| | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|------------------------|-------------------------|-------------------------|------------------------|
| April 4 th | | | |
| April 11 th | | | |
| April 18 th | | | |
| April 25 th | | | |
| May 2 nd | | | |
| May 9 th | | | |
| May 16 th | | | |
| May 23 rd | | | |
| May 30 th | | | |
| June 6 th | | | |
| June 13 th | | | |
| June 20 th | | | |
| June 27 th | | | |

Wednesdays

X = session time unavailable

| 2022 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| November 2 nd | | | |
| November 9 th | X | X | X |
| November 16 th | | | |
| November 23 rd | | X | |
| November 30 th | | X | X |
| December 7 th | | | |
| December 14 th | X | X | X |
| December 21 st | | X | |
| December 28 th | X | X | X |

| 2023 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| January 4 th | X | X | X |
| January 11 th | | | |
| January 18 th | | | |
| January 25 th | X | X | X |
| February 1 st | | | |
| February 8 th | | | |
| February 15 th | | X | X |
| February 22 nd | | X | |
| February 29 th | | | |
| March 8 th | | | |
| March 15 th | | | |
| March 22 nd | | | |
| March 29 th | | | |

| | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|------------------------|-------------------------|-------------------------|------------------------|
| April 5 th | | | |
| April 12 th | | | |
| April 19 th | | | |
| April 26 th | | | |
| May 3 rd | | | |
| May 10 th | | | |
| May 17 th | | | |
| May 24 th | | | |
| May 31 st | | | |
| June 7 th | | | |
| June 14 th | | | |
| June 21 st | | | |
| June 28 th | | | |

Thursdays

X = session time unavailable

| 2022 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| November 3 rd | X | | |
| November 10 th | | X | |
| November 17 th | | | X |
| November 24 th | X | X | X |
| December 1 st | | X | |
| December 8 th | X | X | X |
| December 15 th | | | X |
| December 22 nd | | | |
| December 29 th | X | X | X |

| 2023 | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|---------------------------|-------------------------|-------------------------|------------------------|
| January 5 th | X | X | X |
| January 12 th | | | |
| January 19 th | | X | |
| January 26 th | X | X | X |
| February 2 nd | | | |
| February 9 th | X | X | |
| February 16 th | | | X |
| February 23 rd | | | |
| March 2 nd | | | |
| March 9 th | | X | |
| March 16 th | | | |
| March 23 rd | X | | |
| March 30 th | | | |

| | 9am – 10.30am (AEDT) | 11.30am – 1pm (AEDT) | 2pm – 3.30pm (AEDT) |
|------------------------|-------------------------|-------------------------|------------------------|
| April 6 th | | | |
| April 13 th | | | |
| April 20 th | | | |
| April 27 th | | | |
| May 4 th | | | |
| May 11 th | | | |
| May 18 th | | | |
| May 25 th | | | |
| June 1 st | | | |
| June 8 th | | | |
| June 15 th | | | |
| June 22 nd | | | |
| June 29 th | | | |