

Week	Date	Day	Duration (Without Breaks)	Time	Duration	Format
Dec 2025						
1	3/12/2025	Wednesday	3	17:45–21:00	3h 15m	Online
	6/12/2025	Saturday	5	09:00–14:45	5h 45m	Online
2	10/12/2025	Wednesday	3	17:45–21:00	3h 15m	Online
	13/12/2025	Saturday	5	09:00–14:45	5h 45m	Online
3	15/12/2025	Monday	2	18:00–20:00	2h 00m	Online
	17/12/2025	Wednesday	3	17:45–21:00	3h 15m	Online
	20/12/2025	Saturday	7	09:00–17:00	8h 00m	Face-to-face
Jan 2026						
4	7/1/2026	Wednesday	3	17:45–21:00	3h 15m	Online
	10/1/2026	Saturday	5	09:00–14:45	5h 45m	Online
5	14/01/2026	Wednesday	3	17:45–21:00	3h 15m	Online
	17/01/2026	Saturday	5	09:00–14:45	5h 45m	Online
6	19/01/2026	Monday	2	18:00–20:00	2h 00m	Online
	21/01/2026	Wednesday	3	17:45–21:00	3h 15m	Online
	24/01/2026	Saturday	7	09:00–17:00	8h 00m	Face-to-face
7	28/01/2026	Wednesday	3	17:45–21:00	3h 15m	Online
	31/01/2026	Saturday	5	09:00–14:45	5h 45m	Online
Feb 2026						
8	2/2/2026	Monday	2	18:00–20:00	2h 00m	Online
	4/2/2026	Wednesday	3	17:45–21:00	3h 15m	Online
	7/2/2026	Saturday	5	09:00–14:45	5h 45m	Online
9	11/2/2026	Wednesday	3	17:45–21:00	3h 15m	Online
10	21/02/2026	Saturday	7	09:00–17:00	8h 00m	Face-to-face
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