

Mentoring Classrooms 23-24

*Times may vary according to the city you are located in within the country. We advise to check your class time on timeanddate.com or a similar scheduling tool prior to the session for any variations to the times listed below.

UK (GMT - London)	AUSTRALIA (AEDT - Sydney)*	USA (EST – New York)*
Wed 13 Sep 23 9.15-11.15am	Wed 13 Sep 23 7.15-9.15pm	Wed 13 Sep 23 4.015-6.15am
Mon 18 Sep 23 7.15-9.15pm	Tue 19 Sep 23 4.15-6.15am	Mon 18 Sep 23 2.15-4.15pm
Wed 27 Sep 23 7.15-9.15pm	Thu 28 Sep 23 4.15-6.15am	Wed 27 Sep 23 2.15-4.15pm
Mon 2 Oct 23 9.15-11.15am	Mon 2 Oct 23 7.15-9.15pm	Mon 2 Oct 23 4.15-6.15am
Wed 18 Oct 23 9.15-11.15am	Wed 18 Oct 23 7.15-9.15pm	Wed 18 Oct 23 4.15-6.15am
Wed 25 Oct 23 7.15-9.15pm	Thu 26 Oct 5.15-7.15am	Wed 25 Oct 23 2.15-4.15pm
Mon 30 Oct 23 7.15-9.15pm	Tue 31 Oct 23 6.15-8.15am	Mon 30 Oct 23 3.15-5.15pm
Wed 8 Nov 23 7.15-9.15pm	Thu 8 Nov 24 6.15-8.15am	Wed 8 Nov 23 2.15-4.15pm
Mon 13 Nov 23 7.15-9.15pm	Tue 14 Nov 24 6.15-8.15am	Mon 13 Nov 23 2.15-4.15pm
Wed 22 Nov 23 9.15-11.15am	Wed 22 Nov 23 8.15-10.15pm	Wed 22 Nov 23 4.15-6.15am
Mon 27 Nov 23 9.15-11.15am	Mon 27 Nov 23 8.15-10.15pm	Mon 27 Nov 23 4.15-6.15am
Mon 4 Dec 23 9.15-11.15am	Mon 4 Dec 23 8.15-10.15pm	Mon 4 Dec 23 4.15-6.15am
Wed 6 Dec 23 7.15-9.15pm	Thu 7 Dec 23 6.15-8.15am	Wed 6 Dec 23 2.15-4.15pm
Mon 11 Dec 23 7.15-9.15pm	Tue 12 Dec 23 6.15-8.15am	Mon 11 Dec 23 2.15-4.15pm
Wed 20 Dec 23 9.15-11.15am	Wed 20 Dec 23 8.15-10.15pm	Wed 20 Dec 23 4.15-6.15am
Wed 3 Jan 24 7.15-9.15pm	Thu 4 Jan 24 6.15-8.15am	Wed 3 Jan 24 2.15-4.15pm
Mon 15 Jan 24 7.15-9.15pm	Tue 16 Jan 24 6.15-8.15am	Mon 15 Jan 24 2.15-4.15pm
Wed 24 Jan 24 9.15-11.15am	Wed 24 Jan 24 8.15-10.15pm	Wed 24 Jan 24 4.15-6.15am
Mon 29 Jan 24 9.15-11.15am	Mon 29 Jan 24 8.15-10.15pm	Mon 29 Jan 24 4.15-6.15am
Wed 7 Feb 24 9.15-11.15am	Wed 7 Feb 24 8.15-10.15pm	Wed 7 Feb 24 4.15-6.15am

Mon 12 Feb 24 7.15-9.15pm	Tue 13 Feb 24 6.15-8.15am	Mon 12 Feb 24 2.15-4.15pm
Wed 21 Feb 24 7.15-9.15pm	Thu 22 Feb 24 6.15-8.15am	Wed 21 Feb 24 2.15-4.15pm
Mon 26 Feb 24 9.15-11.15am	Mon 26 Feb 24 8.15-10.15pm	Mon 26 Feb 24 4.15-6.15am
Wed 6 Mar 24 9.15-11.15am	Wed 6 Mar 24 8.15-10.15pm	Wed 6 Mar 24 4.15-6.15am
Mon 11 Mar 24 7.15-9.15pm	Tue 12 Mar 24 6.15-8.15am	Mon 11 Mar 24 3.15-5.15pm
Wed 20 Mar 24 7.15-9.15pm	Thu 21 Mar 24 6.15-8.15am	Wed 20 Mar 24 3.15-5.15pm
Mon 25 Mar 24 9.15-11.15am	Mon 25 Mar 24 8.15-10.15pm	Mon 25 Mar 24 5.15-7.15am
Wed 3 Apr 24 7.15-9.15pm	Thu 4 Apr 24 5.15-7.15am	Wed 3 Apr 24 2.15-4.15pm
Mon 8 Apr 24 7.15-9.15pm	Tue 9 Apr 24 4.15-6.15am	Mon 8 Apr 24 2.15-4.15pm
Mon 15 Apr 24 9.15-11.15am	Mon 15 Apr 24 6.15-8.15pm	Mon 15 Apr 24 4.15-6.15am
Mon 22 Apr 24 9.15-11.15am	Mon 22 Apr 24 6.15-8.15pm	Mon 22 Apr 24 4.15-6.15am
Wed 1 May 24 9.15-11.15am	Wed 1 May 24 6.15-8.15pm	Wed 1 May 24 4.15-6.15am
Wed 15 May 24 7.15-9.15pm	Tue 16 May 24 4.15-6.15am	Wed 15 May 24 2.15-4.15pm
Mon 20 May 24 9.15-11.15am	Mon 20 May 24 6.15-8.15pm	Mon 20 May 24 4.15-6.15am
Mon 20 May 24 7.15-9.15pm	Tue 21 May 24 4.15-6.15am	Mon 20 May 24 2.15-4.15pm
Mon 3 Jun 24 9.15-11.15am	Mon 3 Jun 24 6.15-8.15pm	Mon 3 Jun 24 4.15-6.15am
Wed 12 Jun 24 9.15-11.15am	Wed 12 Jun 24 6.15-8.15pm	Wed 12 Jun 24 4.15-6.15am
Mon 17 Jun 24 7.15-9.15pm	Tue 18 Jun 24 4.15-6.15am	Mon 17 Jun 24 2.15-4.15pm
Wed 26 Jun 24 7.15-9.15pm	Thu 27 Jun 24 4.15-6.15am	Wed 26 Jun 24 2.15-4.15pm
Mon 1 Jul 24 9.15-11.15am	Mon 1 Jul 24 6.15-8.15pm	Mon 1 Jul 24 4.15-6.15am
Wed 10 Jul 24 7.15-9.15pm	Thu 11 Jul 24 4.15-6.15am	Wed 10 Jul 24 2.15-4.15pm
Mon 15 Jul 24 7.15-9.15pm	Tue 16 Jul 24 4.15-6.15am	Mon 15 Jul 24 2.15-4.15pm
Wed 24 Jul 24 9.15-11.15am	Wed 24 Jul 24 6.15-8.15pm	Wed 24 Jul 24 4.15-6.15am

Special Topic Masterclasses 23-24

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PCOS		
Mon 11 Sep 23 12-2pm	Mon 11 Sep 23 9-11pm	Mon 11 Sep 23 7-9am
Becoming a Coach		
Mon 23 Oct 23 12-2pm	Mon 23 Oct 23 10pm-12am	Mon 23 Oct 23 7-9am
ADHD in Adults		
Mon 6 Nov 23 12-2pm	Mon 6 Nov 23 11pm-1am	Mon 6 Nov 23 7-9am
The Power of Progesterone		
Mon 11 Dec 23 12-2pm	Mon 11 Dec 23 11pm-1am	Mon 11 Dec 23 7-9am
Premature Ovarian Failure and Early Menopause		
Mon 15 Jan 24 12-2pm	Mon 15 Jan 24 11pm-1am	Mon 15 Jan 24 7-9am
Perimenopause		
Mon 12 Feb 24 12-2pm	Mon 12 Feb 24 11pm-1am	Mon 12 Feb 24 7-9am
Thyroid Health		
Mon 11 Mar 24 12-2pm	Mon 11 Mar 24 11pm-1am	Mon 11 Mar 24 8-10am
Oestrogen Dominance		
Mon 22 Apr 24 12-2pm	Mon 22 Apr 24 9-11pm	Mon 22 Apr 24 7-9am
How Modern Healthcare Fails Women		
Mon 13 May 24 12-2pm	Mon 13 May 24 9-11pm	Mon 13 May 24 7-9am
Skin Health		
Mon 17 Jun 24 12-2pm	Mon 17 Jun 24 9-11pm	Mon 17 Jun 24 7-9am
Chronic Inflammation		
Mon 15 July 24 12-2pm	Mon 15 July 24 9-11pm	Mon 15 July 24 7-9am