

Meetings & Trainings Schedule for the Month of January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year	08.00am – 08.30am Facebook live K2U Fitness Saturday Edition Aerobics Mr. Peter Oloo
					1	2
3	Zoom Training 1.00pm – 2.00pm (BOP) Ms. Esther Mwangi / Ms. Sarah Nambuya	1.00pm- 1.30pm Zoom Training (6 in 1 Instant Coffee) Ms. Lucy Muriuki / Ms. Susan Gaitho	11.00am – 12.00pm Facebook Live (Dreams) Mr. Ackson Nzioki	08.00pm – 08.30pm Zoom Training (Colon Cleansing) Mr. Isaiah Ndung'u / Ms. Grace Wambui	11.00am – 12.00pm Facebook live (Radiation) Mr. Philip Mrefu	08.00am – 08.30am Facebook live K2U Fitness Saturday Edition Aerobics Ms. Grace Wambui
	4	5	6	7	8	9
10	Zoom Training 1.00pm – 2:00pm K2U Leaders Zoom Meeting. Ms. Rachael Kinyanjui / Ms. Grace Wambui	1.00pm- 1.30pm Zoom Meeting Training (Pro Stem Cell) Ms. Grace Wambui / Ms. Ann Pinky		08.00pm – 08.30pm Zoom Training (Takara Detox Patch) Prof. Leonida Mwenesi / Ms. Susan Gathoni		08.00am – 08.30am Facebook live K2U Fitness Saturday Edition Aerobics Mr. Philip Mrefu
	11	12	13	14	15	16
17	Zoom Training 1.00pm – 2.00pm (BOP) Mr. Lawrence Wanjohi / Mrs Pauline Meela	1.00pm- 1.30pm Zoom Meeting Training (Flora Zen) Mr. Moses Goh/ Ms. Ann Pinky	11.00am – 12.00pm Facebook Live (Change) Ms. Rachael Kinyanjui	08.00pm – 08.30pm Zoom Training (HIV Infection) Ms. Lucy Muriuki / Ms. Ann Pinky	11.00am – 12.00pm Facebook live (Alfalfa Concentrated Chlorophyll) Ms. Lucy Muriuki	08.00am – 08.30am Facebook live K2U Fitness Saturday Edition Aerobics Mr. Peter Oloo
	18	19	20	21	22	23
24	11.00am YOU TUBE (Alfalfa Concentrated) Ms. Lucy Muriuki Zoom Training 1.00pm – 2.00pm (BOP) Mr. Thaddeus Ssandaula / Mr. Ackson Nzioki	1.00pm – 1.30pm Zoom Training (Nano Calcium) Ms. Rachael Kinyanjui / Mr. Philip Mrefu	11.00am – 12.00pm Facebook Live (Goal Setting) Mr. Lawrence Wanjohi	08.00pm – 08.30pm Zoom Training (Ladies Infection) Ms. Susan Gaitho / Ms. Lucy Muriuki		08.00am – 08.30am Facebook live K2U Fitness Saturday Edition Aerobics Ms. Grace Wambui
	25	26	27	28	29	30