

Meetings & Trainings Schedule for the Month of September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8.00pm – 8.30pm Zoom Training (6 IN 1 INSANT COFFEE) Mr. Dennis Wangia	07.30am – 8.30am (KATUABA PLUS) Ms. Grace Wambui 11.00am – 12.00pm Facebook Live (KATUABA PLUS) Ms. Grace Wambui	8.00am – 8.30am Facebook Live K2U Fitness Aerobics Ms. Violet Atieno
	11.00am – 12.00pm YouTube (KATUABA PLUS) Ms. Grace Wambui	8.00pm- 8.30pm Zoom Training (DIGESTIVE SYSTEM) Ms. Violet Atieno	8.00pm – 9.00pm Zoom Training (Kiswahili) (MAAMBUKIZI KWA WANAWAKE) Bw. Philip Mrefu	8.00pm – 8.30pm Zoom Training (HEALTHY EATING) Ms. Purity Kasyoki	07.30am – 8.30am (6 IN 1 INSANT COFFEE) Mr. Dennis Wangia	8.00am – 8.30am Facebook Live K2U Fitness Aerobics Ms. Sarah Njuguna
	11.00am – 12.00pm Zoom Training (LEADERS MEETING) Ms. Rachael Kinyanjui	8.00pm- 8.30pm Zoom Training (BONE HEALTH) Ms. Sarah Njuguna		8.00pm – 8.30pm Zoom Training (TAKARA DETOX PATCH) Ms. Violet Atieno	07.30am – 8.30am (FLORAZEN PRE-PRO BIOTICS) Ms. Violet Atieno 11.00am – 12.00pm Facebook Live (FLORAZEN PRE-PRO BIOTICS) Ms. Violet Atieno	8.00am – 8.30am Facebook Live K2U Fitness Aerobics Mr. Dennis Wangia
	11.00am – 12.00pm YouTube (pH BALANCING) Mr. Grace Wambui	8.00pm- 8.30pm Zoom Training (CELL REJUVINATION) Ms. Grace Wambui	8.00pm – 9.00pm Zoom Training (Kiswahili) (MANUFAA ZA ITERA CARE) Bw. Philip Mrefu	8.00pm – 8.30pm Zoom Training (FEMALE REPRODUCTIVE SYSTEM) Ms. Sarah Njuguna	07.30am – 8.30am (ITERA CARE) Ms. Sarah Njuguna	8.00am – 8.30am Facebook Live K2U Fitness Aerobics Ms. Grace Wambui / Ms. Purity Kasyoki
		8.00pm- 8.30pm Zoom Training (THE KATUABA PLUS) Ms. Grace Wambui			07.30am – 8.30am (ALFALFA CONCENTRATED CHLOROPHYLL) Ms. Purity Kasyoki 11.00am – 12.00pm Facebook Live (ALFALFA CONCENTRATED CHLOROPHYLL) Ms. Purity Kasyoki	