

Quick Glance TV Guide || Spring 2026 V2

	MONDAY/WEDNESDAY
06:30-07:00 AM	Business Ep 1 MON & Ep 3 WED
07:00-07:35 AM	Workplace H&S Ep 1-4
07:35-08:00 AM	Painting & Decorating Ep1 & 2
08:00-08:15 AM	An Introduction to AI Ep 1-3
08:15-09:00 AM	Money Matters Ep1 & 2
09:00-09:45 AM&PM	Fitness for Life Ep 1
09:45-10:00 AM&PM	Successful Sales Ep 1-3
10:00-11:00 AM&PM	H&S Construction Ep 1-2
11:00-11:40 AM&PM	Food Hygiene Ep 1-2
11:40-1:30 AM&PM	Fitness for Life Ep 2-4
1:30-2:50 PM	Warehousing Ep 1-6
2:50-3:00 PM	Study Break
3:00-3:45 PM	Fitness for Life Ep 1
3:45-4:00 PM	Successful Sales Ep 4-5
4:00-5:00 PM	H&S Construction Ep 3-4
5:00-5:40 PM	Food Hygiene Ep 1-2
5:40-7:25 PM	Fitness for Life Ep 2-4
7:30-8:50 PM	Warehousing Ep 1-6
8:50-9:00 PM	Study Break

	TUESDAY/THURSDAY
06:30-07:00 AM	Business Ep 2 TUES & Ep 4 THURS
07:00-07:35 AM	Food Hygiene Ep 1-2
07:35-08:00 AM	Painting & Decorating Ep3 & 4
08:00-08:15 AM	An Introduction to AI Ep 1-3
08:15-09:00 AM	Money Matters Ep3 & 4
09:00-10:00 AM&PM	Business Ep 1-3
10:00-11:00 AM&PM	LGV Driver Theory Ep 1-2
11:00-12:00 AM&PM	Business Ep 4-6
12:00-1:30 AM&PM	Customer Service Ep 1-4
1:30-2:15 PM	Job Finder Ep 1-6
2:15-3:00 PM	Creative Writing Ep 1-3
3:00-4:00 PM	Business Ep 1-3
4:00-5:00 PM	LGV Driver Theory Ep 3-4
5:00-6:00 PM	Business Ep 4-6
6:00-7:30 PM	Customer Service Ep 1-4
7:30-8:15 PM	Job Finder Ep 1-6
8:15-9:00 PM	Neurodiversity Ep 1-4

	FRIDAY
06:30-07:00 AM	Business Ep 5
07:00-07:35 AM	Workplace H&S Ep 1-4
07:35-08:00 AM	Neurodiversity Ep 4
08:00-08:15 AM	Introduction to AI Ep 1-3
08:15-09:00 AM	Mental Health Ep 1-4
09:00-09:45 AM	Minute Maths Pt1
09:45-10:00 AM&PM	Successful Sales Ep 1-3
10:00-11:00 AM&PM	Disability Awareness Ep 1-4
11:00-1:05 AM&PM	Healthy Eating Eps 1-5
1:05-2:05 AM&PM	Minute Maths Pt2
2:05-3:00 PM	Mental Health Ep 1-4
3:00-3:45 PM	Minute Maths Pt1
3:45-4:00 PM	Successful Sales Ep 4-5
4:00-5:00 PM	Disability Awareness Ep 1-4
5:00-6:00 PM	Workplace H&S Ep 1-4
6:00-7:05 PM	H&S Construction Ep 1-2
7:05-8:05 PM	Minute Maths Pt2
08:15-9:15 PM	LGV Driver Theory Ep 1-2
09:15-9:45 PM	Neurodiversity Ep 1-3

	SATURDAY
06:30-07:00 AM	Business Ep 6
07:00-07:35 AM	Food Hygiene Ep 1-2
07:35-08:00 AM	Neurodiversity Ep 1-3
08:00-08:15 AM	Introduction to AI Ep 4-5
08:15-09:00 AM	Mental Health Ep 1-4
09:00-10:00 AM&PM	LGV Driver Theory Ep 3-4
10:00-11:00 AM&PM	H&S Construction Ep 1-2
11:00-12:35 AM&PM	Digital Skills Ep 1-4
12:35-1:00 PM	Painting & Decorating ALL EPISODES
1:00-3:00 PM	Healthy Eating Eps 1-5
3:00-4:00 PM	LGV Driver Theory Ep 1-2
4:00-5:00 PM	H&S Construction Ep 3-4
5:00-6:35 PM	Digital Skills Ep 1-4
6:35-7:00 PM	Painting & Decorating ALL EPISODES
7:00-9:00 PM	Healthy Eating Eps 1-5

	SUNDAY
06:30-07:00 AM	Money Matters ALL EPS
07:00-07:35 AM	Workplace H&S Ep 1-4
07:35-08:00 AM	Neurodiversity Ep 4
08:00-08:15 AM	Introduction to AI Ep 4-5
08:15-09:00 AM	Mental Health Ep 1-4
09:00-09:45 AM	Minute Maths Pt1
09:45-10:00 AM&PM	Successful Sales Ep 1-3
10:00-11:00 AM&PM	Disability Awareness Ep 1-4
11:00-1:05 AM&PM	Healthy Eating Eps 1-5
1:05-2:05 AM&PM	Minute Maths Pt2
2:05-3:00 PM	Mental Health Ep 1-4
3:00-3:45 PM	Minute Maths Pt1
3:45-4:00 PM	Successful Sales Ep 4-5
4:00-5:00 PM	Disability Awareness Ep 1-4
5:00-6:00 PM	Workplace H&S Ep 1-4
6:00-7:05 PM	H&S Construction Ep 3-4
7:05-8:05 PM	Minute Maths Pt2
08:15-9:00 PM	LGV Driver Theory Ep 3-4
09:15-9:45 PM	Neurodiversity Ep 1-3

BUSINESS/EMPLOY/MONEY/MATHS
FITNESS/FOOD
INCLUSIVITY

REDS
GREENS
YELLOW