

CUFOS TIMETABLE (Regular Users) – BOOKING HALL

(NB Bracketed entries are not every week; see footnotes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9–12.30 Hilltop Playgroup	9–1 Hilltop Playgroup	9–12.30 Hilltop Playgroup	10–12.30 Old Station Painting Club	9–12.30 Hilltop Playgroup	Reserved for Parties/Events	(10–1 pm Palace Band) ⁵ (10–1 pm MS Society) ⁶
1–3.30 pm Art's Cool	1.30–4.30 North London U3A Art 5–7 pm Little London Ballet	1–3 pm Music Bugs 3.30–5.30 pm FCL Maths & English	1.30–4 pm Old Station Painting Club 4.30-5.30 pm Little London Ballet 6-7 pm Mind Flow Yoga	1–3 pm Club des bouts de chou 3.30–6 pm Perform	Reserved for Parties/Events	Reserved for Parties/Events
6.30–7.30 MindFlow Yoga ¹ 7–10 pm Sound Baths (1st) ²	(8–10 pm Alex. WI (1st)) ³ (7.30–9.30 pm NLLA (3rd)) ⁴	7–10 pm London Metrop. Brass	7.30–9.30 pm Alcoholics Anonymous	8–10 pm Alexandra Swing Band		

¹ MindFlow Yoga, all Mondays except first one of the month

² Sound Baths (Sound Intent), first Monday each month

³ Alexandra Women's Institute, first Tuesday each month

⁴ North London Lettering Association, third Tuesday each month, except August and December

⁵ Palace Band, first and third Sunday each month during term time

⁶ MS Society, last Sunday each month

The CUFOS Committee meets the second or third Monday of designated months, 8.00 pm, in the Booking Hall

CUFOS TIMETABLE (Regular Users) - WAITING ROOM

(NB Bracketed entries are not every week; see footnotes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30–10.45 am Yoga (Laura)	<i>Morning: Adult bookings only *</i>	10–12 noon Pirouette Cacahuète	9 am–1 pm Hartbeeps	<i>Morning: Adult bookings only *</i>		
1.15–3 pm Well Woman Yoga	1–2 pm Pirouette Cacahuète (8–10.30 pm Jazz Group (2nd & 4th) ³)	1–2 pm Inner Sound Meditation 3.30–5.30 pm FCL Maths & English	1.30–2.30 pm Sound Start Phonics			
6.30–7.30 Mind Flow Yoga (1st) ¹ 8–9 pm Adult Irish Dancing ²	(8–10 WI Knitting & Stitching Group (3rd)) ⁴	(8–10 pm Labour party (1st)) ⁵		(8–11 pm Drum Band (1st)) ⁶ (6–10 pm Dreams & a Heart workshop) ⁷		(3–6 Tagoreans) ⁸

¹ MindFlow Yoga, first Monday each month in WR

² Adult Irish Dancing, every Monday except first one each month

³ Jazz Group, second and fourth Tuesdays each month

⁴ WI Knitting & Stitching Group third Tuesday each month

⁵ Alexandra Branch Labour Party, first Wednesday each month

⁶ Drum Band (First Friday Drumming), first Friday each month

⁷ Dreams & a Heart workshop, last Friday of each month

⁸ Tagoreans, certain Sundays pre-booked

* - Due to limited space (used by Hilltop) for pushchairs and buggies, we cannot accept any morning bookings for groups with babies and toddlers.