

## **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 <sup>6</sup><br>10–1 pm MS Society <sup>7</sup> |
| 1.15–3.15 pm Baby Sensory<br>3.30–5.30 Little Designers                        | 1.30–4.30 North London U3A Art<br>5–7 pm Little London Ballet               | 2–3 pm Music Bugs<br>3.30–5 pm FCL Maths & English | 1.30–4 pm Old Station Painting Club<br>4.30–7 pm Little London Ballet | 1–3 pm Club des bouts de chou <sup>5</sup><br>3.30–6 pm Perform | Reserved for Parties/Events | Reserved for Parties/Events   |
| 6.30–7.30 MindFlow Yoga <sup>1</sup><br>7–10 pm Sound Baths (1st) <sup>2</sup> | 8–10 pm Alex. WI (1st) <sup>3</sup><br>7.30–9.30 pm NLLA (3rd) <sup>4</sup> | 7–10 pm London Metrop. Brass                       | 7.30–9.30 pm Alcoholics Anonymous                                     | 8–10 pm Alexandra Swing Band                                    |                             |   |

<sup>1</sup> MindFlow Yoga, all Mondays except first one of the month

<sup>2</sup> Sound Baths (Sound Intent), first Monday each month

<sup>3</sup> Alexandra Women's Institute, first Tuesday each month

<sup>4</sup> North London Lettering Association, third Tuesday each month, except August and December

<sup>5</sup> Club des bouts chou, two Tuesdays a month

<sup>6</sup> Palace Band, first and third Sunday each month during term time

<sup>7</sup> 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<br>Yoga (Laura)  | 10–12 Just<br>Assessments   | 10–12 noon<br>Pirouette<br>Cacahuète   | 9 am–1 pm<br>Hartbeeps                 | 10–12 Just<br>Assessments                 | 10–12 Just<br>Assessments <sup>9</sup> |                             |
| 1.15–3 pm Well<br>Woman Yoga   | 1–2 pm Pirouette<br>Cacahuète   | 3.30–5 pm<br>FCL Maths &<br>English  | 1.30–2.30 pm<br>Sound Start<br>Phonics |   |  |                             |
| 6.30–7.30 Mind<br>Flow Yoga (1st) <sup>1</sup><br>8–9 pm Adult Irish<br>Dancing <sup>2</sup> | 8–10.30 pm Jazz<br>Group (2nd &<br>4th) <sup>3</sup><br>8–10 WI Knitting<br>& Stitching Group<br>(3rd) <sup>4</sup> | 7–9 pm Circles<br>South East <sup>5</sup><br>8–10 pm Labour<br>party (1st) <sup>6</sup><br>6–10 pm Dreams<br>& a Heart<br>workshop (last) <sup>7</sup> |  | (8–11 pm Drum<br>Band (1st)) <sup>8</sup> |  | 3–6 Tagoreans <sup>10</sup> |

<sup>1</sup> MindFlow Yoga, first Monday each month in WR

<sup>2</sup> Adult Irish Dancing, every Monday except first one each month

<sup>3</sup> Jazz Group, second and fourth Tuesdays each month

<sup>4</sup> WI Knitting & Stitching Group third Tuesday each month

<sup>5</sup> Circles South East on evenings not booked by other groups

<sup>6</sup> Alexandra Branch Labour Party, first Wednesday each month

<sup>7</sup> Dreams & a Heart workshop, last Wednesday of each month

<sup>8</sup> Drum Band (First Friday Drumming), first Friday each month

<sup>9</sup> Just Assessments, last Saturday of each month

<sup>10</sup> Tagoreans, certain Sundays pre-booked

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