

## **CUFOS TIMETABLE (Regular Users) – BOOKING HALL**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
9–12.30 Hilltop Playgroup	9–12.30 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>5</sup> 10–1 pm MS Society <sup>6</sup>
1.15–3.15 pm Baby Sensory 3.30–5.30 Little Designers	1.30–4.30 North London U3A Art 5–7 pm Little London Ballet	3.30–5 pm FCL Maths & English	1.30–4 pm Old Station Painting Club 4.30–7 pm Little London Ballet	3.30–6 pm Perform	Reserved for Parties/Events	Reserved for Parties/Events
6.30–7.30 MindFlow Yoga <sup>1</sup> 7–10 pm Sound Baths (1st) <sup>2</sup>	8–10 pm Alex. WI (1st) <sup>3</sup> 7.30–9.30 pm NLLA (3rd) <sup>4</sup>	7–10 pm London Metropolitan 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> Palace Band, first and third Sunday each month during term time

<sup>6</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 Yoga (Laura) <i>(Note: Currently not in session)</i>		10–12 noon Pirouette Cacahuète	9 am–1 pm Hartbeeps			
1.15–3 pm Well Woman Yoga	1–2 pm Pirouette Cacahuète	12.30–2 Beginning Spanish (Lola)  3.30–5 pm FCL Maths & English	1.30–2.30 pm Sound Start Phonics			
6.30–7.30 Mind Flow Yoga (1st) <sup>1</sup> 8–9 pm Adult Irish Dancing <sup>2</sup>	8–10.30 pm Jazz Group (2nd & 4th) <sup>3</sup>  8–10 WI Knitting & Stitching Group (3rd) <sup>4</sup>	6–10 pm Dreams & a Heart workshop (last) <sup>5</sup>		(8–11 pm Drum Band (1st)) <sup>6</sup>		3–6 Tagoreans <sup>7</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> Dreams & a Heart workshop, last Wednesday of each month

<sup>6</sup> Drum Band (First Friday Drumming), first Friday each month

<sup>7</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.