

CUFOS TIMETABLE (Regular Users) – BOOKING HALL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9–12 Hilltop Playgroup	9–12 Hilltop Playgroup	9–12 Hilltop Playgroup	9.45–12.45 Old Station Painting Club	9–12 Hilltop Playgroup	Reserved for Parties/Events	(10–1 pm MS Society) ¹ (10–1 pm Palace Band) ²
1–3.30 Art's Cool 5–6.30 Impro for Teens	1.30–2.30 Yoga (Alice)	3.30–6 pm Kumon Maths	3.30–6 pm Kumon Maths	1–3 pm Club des bouts de chou 3.30–6 pm Perform	Reserved for Parties/Events	Reserved for Parties/Events
7–10 pm Sound Baths (1st) ³	(8–10 pm Alex. WI (1st)) ⁴ (7–9 pm Qi Gong (2nd)) ⁵ (7.30–9.30 pm NLLA (3rd)) ⁶	7.45–9.45 pm London Metrop. Brass	7.30–9.30 pm Alcoholics Anonymous	8–10 pm Alexandra Swing Band		

¹ 10–1 MS Society, last Sunday each month

² 10-1 Palace Band, first and third Sunday each month

³ 7–10 pm Sound Baths (Sound Intent), first Monday each month

⁴ Alexandra Women's Institute, first Tuesday each month

⁵ Qi Gong, second Tuesday each month

⁶ North London Lettering Association, third Tuesday each month

CUFOS TIMETABLE (Regular Users) - WAITING ROOM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30–10.30 am Yoga (Laura)	10–11.30 am Station Seniors Yoga		9–12 noon Hartbeeps			
	12.15–1.45 Spanish (Lola) 5.30–7.30 Max Health	12.30–1.30 Inner Peace Sound Med. 3.30–6 pm Kumon parents	12.30–1.30 Bump & Baby Club 3.30–6 pm Kumon parents			
(7.30–9 pm EET Drumming Group (2nd & 4th) ¹	(8–10 WI Knitting Group (3rd)) ²	(8–10 pm Labour party (1st)) ³ 7.45–9.45 pm London Metrop. Brass ⁴	(8–10 WI Sewing Group (2nd)) ⁵	(8–11 pm Drum Band (1st)) ⁶ (6–10 pm Dreams & Heart workshop) ⁷		(3–6 Tagoreans) ⁸

¹ EET Drumming Group, second and fourth Mondays each month

² WI Knitting Group third Tuesday each month

³ Alexandra Branch Labour Party, first Wednesday each month

⁴ London Metropolitan Brass, all Wednesdays except the first one of the month

⁵ WI Sewing Group second Thursday 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