

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	9–12.30 Hilltop Playgroup	9–3.30 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
1.15–3.15 pm Baby Sensory	1.30–4.30 North London U3A Art 6.30–7.30 pm Yoga (Nicky)		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
7–10 pm Sound Baths (1st) ¹ 7.30–9.30 London Metropolitan Brass ²	8–10 pm Alex. WI (1st) ³ 8–9 pm Yoga (Jade) ⁴	7–10 pm London Metropolitan Brass	7.30–9.30 pm Alcoholics Anonymous	8–10 pm Alexandra Swing Band	Reserved for Parties/Events	Reserved for Parties/Events

¹ Sound Baths (Sound Intent), first Monday each month

² London Metropolitan Brass, all Mondays except first one of the month

³ Alexandra Women's Institute, first Tuesday each month

⁴ Yoga (Jade), all Tuesdays except first one of each month

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>(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)	1.30–2.30 pm Sound Start Phonics			
8–9 pm Adult Irish Dancing ¹	8–10.30 pm Jazz Group (2nd & 4th) ² 8–10 WI Knitting & Stitching Group (3rd) ³	6–10 pm Dreams & a Heart workshop (last) ⁴	7–8 pm Yoga for Midlife and Healthy Ageing	(8–11 pm Drum Band (1st)) ⁵		3–6 Tagoreans ⁶

¹ Adult Irish Dancing, every Monday except first one each month

² Jazz Group, second and fourth Tuesdays each month

³ WI Knitting & Stitching Group third Tuesday each month

⁴ Dreams & a Heart workshop, last Wednesday of each month

⁵ Drum Band (First Friday Drumming), first Friday each month

⁶ 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.