

## **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	9–3.30 Hilltop Playgroup	10–12.30 Old Station Painting Club	9–12.30 Hilltop Playgroup	Reserved for Parties/Events	10–1 pm Palace Band <sup>4</sup> 10–1 pm MS Society <sup>5</sup>
5.30–6.30 pm Flowetic	1.30–4.30 North London U3A Art	(Hilltop to 3.30 pm) 4.15–5.15 pm Jung Lee Yoga	1.30–4 pm Old Station Painting Club 4.30–7 pm Little London Ballet	1–3 Home Educators <sup>3</sup> 3.30–6 pm Perform	Reserved for Parties/Events	Reserved for Parties/Events
7–10 pm Sound Baths (1st) <sup>1</sup>	6–7 pm Monster Dance Company 8–10 pm Alex. WI (1st) <sup>2</sup>	7.30–10 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

<sup>1</sup> Sound Baths (Sound Intent), first Monday each month

<sup>2</sup> Alexandra Women's Institute, first Tuesday each month

<sup>3</sup> Home Educators, Fridays, 1–3 pm, every other week

<sup>4</sup> Palace Band, first and third Sunday each month during term time

<sup>5</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
10–11 ABC's and 1 2 Please	9.30-10.45 Yoga (Jane)		10–11 Sound Start Phonics	10–11 Jung Lee Yoga	NO REGULAR BOOKINGS	11.45-12.45 Palace Band  NO OTHER REGULAR BOOKINGS
1.15–3 pm Well Woman Yoga			1.30–2.30 pm Sound Start Phonics		NO REGULAR BOOKINGS	3–6 Tagoreans <sup>7</sup>  NO OTHER REGULAR BOOKINGS
6.45-7.45 pm Monday Meditation Group  8–9 pm Yin Yoga with Heidi	8–10.30 pm Jazz Group (2nd & 4th) <sup>1</sup>  8–10 WI Knitting & Stitching Group (3rd) <sup>2</sup>	7-8 pm London Metrop. Brass <sup>3</sup> 8-11 pm <b>drumbeats</b> <sup>4</sup> 6–9 pm Dreams & a Heart workshop (last) <sup>5</sup>	7–8 pm Yoga for Midlife and Healthy Ageing	(8–11 pm First Friday Drumming (1st)) <sup>6</sup>		

<sup>1</sup> Jazz Group: second and fourth Tuesdays each month

<sup>2</sup> WI Knitting & Stitching Group: third Tuesday each month

<sup>3</sup> London Metrop. Brass: all Wednesdays but last one of month

<sup>4</sup> **drumbeats**: third Wednesday of each month

<sup>5</sup> Dreams & a Heart workshop: last Wednesday of each month

<sup>6</sup> First Friday Drumming: first Friday each month

<sup>7</sup> Tagoreans: certain Sundays pre-booked

*Notes:* Due to limited space (used by Hilltop) for pushchairs and buggies, we cannot accept any morning bookings for groups with babies and toddlers. We also cannot accept any more regular bookings at the weekends in either room.