

CUFOS TIMETABLE (Regular Users) – BOOKING HALL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM: Currently being used by Waiting Room groups, so not available	9.45–12.45 Baby Sensory	9.30–10.30 Sound Start Phonics	10–12.30 Old Station Painting Club	9.30–12.30 New nursery group (not yet started)	Reserved for Parties/Events	10–1 pm Palace Band ⁵ 10–1 pm MS Society ⁶
1–2.30 pm Well Woman Yoga 3–6 pm Magic Mess	1.30–4.30 North London U3A Art	1.30–2.30 Sound Start Phonics 3.30–7 pm Little London Ballet	1.30–4 pm Old Station Painting Club 4.30–7 pm Little London Ballet	1–3 Home Educators ⁴ 4–5 JK Dance Academy (starts in November 2020)	Reserved for Parties/Events	Reserved for Parties/Events
6.30–7.30 pm Claire Avant Yoga ¹ 7–10 pm Sound Baths (1st) ²	6–7 pm Monsters Dance Company 8–10 pm Alex. WI (1st) ³	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

¹ Claire Avant Light Yoga, all Mondays except first one of month

² Sound Baths (Sound Intent), first Monday each month

³ Alexandra Women's Institute, first Tuesday each month

⁴ Home Educators, Fridays, 1–3 pm, every other week

⁵ Palace Band, first and third Sunday each month during term time

⁶ MS Society, last Sunday each month

(Latest update: 4/9/20)

The CUFOS Committee meets the second or third Monday of designated months, 7.00 pm

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 11.30–12.30 Pilates Lovers	 11–12.30 Andy Linden	 11–1 Hail / Vibrance ⁴	 11.30–12.30 Pilates Lovers	10.30–11.30 ABC's and 1, 2 Please	NO REGULAR BOOKINGS	11.45–12.45 Palace Band NO OTHER REGULAR BOOKINGS
	1–2 pm Yoga with Ozlem				NO REGULAR BOOKINGS	2–5 Tagoreans ⁹ 5.30–7.30 CA NO OTHER REGULAR BOOKINGS
6.45–7.45 pm Monday Meditation Group 8.15–10.15 pm Men's Circle ¹	8–10.30 pm Jazz Group (2nd&4th) ² 8–10 WI Knitting & Stitching Group (3rd) ³	7–8 pm London Metrop. Brass ⁵ 7–10 pm drumbeats (3rd) ⁶ 6–9 pm Dreams & a Heart workshop (last) ⁷	7.15–8.15 pm Yoga for Midlife and Healthy Ageing	(7–10 pm First Friday Drumming (1st)) ⁸		

¹ Men's Circle: second and fourth Mondays each month

² Jazz Group: second and fourth Tuesdays each month

³ WI Knitting & Stitching Group: third Tuesday each month

⁴ Hail / Vibrance: last Wednesday of each month

⁵ London Metrop. Brass: first and second Wednesdays

⁶ **drumbeats**: third Wednesday of each month

⁷ Dreams & a Heart workshop: last Wednesday of each month

⁸ First Friday Drumming: first Friday each month

⁹ Tagoreans: certain Sundays pre-booked

(Latest update: 4/9/20)