

CUFOS TIMETABLE (Regular Users) – BOOKING HALL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.45–12.45 Baby Sensory	9.30–10.30 Sound Start Phonics	10–12.30 Old Station Painting Club	9.30–12.30 Baby Sensory	Reserved for Parties/Events	10–1 pm Palace Band ⁵ 10–1 pm MS Society ⁶
1–2.30 pm Well Woman Yoga	1.30–4.30 North London U3A Art	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 3.45-6.15 FTDC Flamethrowers and Dreamcatchers	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: 12/04/21)

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		11–1 Hail / Vibrance ⁴		10.30–11.30 ABC's and 1, 2 Please	NO REGULAR BOOKINGS	11.45–12.45 Palace Band NO OTHER REGULAR BOOKINGS
			1.30–2.30 Sound Start Phonics		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	7.30–10 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: 12/3/21)