

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.45–1.00 Baby Sensory	11.00–12.00 Alexander Technique	10.00–12.30 Old Station Painting Club	9.30–12.30 Baby Sensory	<i>Reserved for Parties/Events</i>	10.00–1.00 Palace Band ³
1.30–3.00 Yoga for Women 3.45-4.45 Creative Yoga for Kids & Parents/Carers *	1.45–4.45 North London U3A Art		1.30–4.00 Old Station Painting Club	1.00–3.00 Home Educators ² 3.45-7.00 Flamethrowers and Dreamcatchers	<i>Reserved for Parties/Events</i>	2.00–5.00 Tagore Centre ⁴
6.00-8.00 Art of Living ⁵ 6.30-10.30 Chabad Moon Circle (3 rd) ¹ 8.00-10.00 Alex L'bour Party (1 st) ¹	6.00–7.00 Monsters Dance Company 8.00–10.00 Alex. WI (1 st) ¹	5.30–7.00 MH Kickboxing 7.30–10.00 London Metropolitan Brass	5.30-7.00 Private Coaching * 7.30–9.30 AA	8.00–10.00 Alexandra Swing Band	<i>Reserved for Parties/Events</i>	<i>Reserved for Parties/Events</i>

¹ Alexandra Labour Party first Monday each month, Chabad Moon Circle third Monday each month, Alexandra Women’s Institute, first Tuesday each month.

² Home Educators, Fridays, 1–3 pm, alternates between Playgroup and Learners

³ Palace Band, first and third Sunday each month during term time

⁴ Tagore Centre usually third Sunday each month, ⁵ Art of Living every 2 weeks – see online calendar for dates

* Creative Yoga starts March 10th, Private Coaching Thursday Spring Term 2025 only Please check availability via groups@cufos.org.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					NO REGULAR BOOKINGS	11.00–12.30 Tagoreans ³
	4.00-5.30 Art Pole				NO REGULAR BOOKINGS	NO REGULAR BOOKINGS
8.00-9.30 Men’s Circle		7.00–8.00 London Metropolitan Brass	7.00-8.00 Yoga for Midlife & Healthy Aging	7.00–10.00 First Friday Drumming (1st) ² Drumbeats (3rd) ²	NO REGULAR BOOKINGS	5.30-7.30 CA

² First Friday Drumming = first Friday each month, Drumbeats = third Friday each month

³ Tagoreans = periodic booking, please check availability via groups@cufos.org.uk

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