

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY                           | SUNDAY   |
|--|---|---|---|--|------------------------------------|--|
|  | 9.45–1.00<br><b>Baby Sensory</b>                              |   | 10.00–12.30<br><b>Old Station Painting Club</b> | 9.30–12.30<br><b>Baby Sensory</b>  | <i>Reserved for Parties/Events</i> | 10.00–1.00<br><b>Palace Band</b> <sup>3</sup>  |
| 1.30–3.00<br><b>Yoga for Women</b> *   | 1.45–4.45<br><b>North London U3A Art</b>                      |   | 1.30–4.00<br><b>Old Station Painting Club</b>   | 1.00–3.00<br><b>Home Educators</b> <sup>2</sup><br><br>3.45–7.00<br><b>Flamethrowers and Dreamcatchers</b> | <i>Reserved for Parties/Events</i> | 2.00–5.00<br><b>Tagore Centre</b> <sup>4</sup> |
| 6.00–8.00<br><b>Art of Living</b> <sup>5</sup><br><br>8.00–10.00<br><b>Alex L'bour Party</b> (1 <sup>st</sup> ) <sup>1</sup> | 8.00–10.00<br><b>Alex. WI</b> (1 <sup>st</sup> ) <sup>1</sup> | 5.30–7.00<br><b>MH Kickboxing</b><br><br>7.30–10.00<br><b>London Metropolitan Brass</b> | 7.30–9.30<br><b>AA</b>                          | 8.00–10.00<br><b>Alexandra Swing Band</b>  | <i>Reserved for Parties/Events</i> | <i>Reserved for Parties/Events</i>             |

<sup>1</sup> Alexandra Labour Party first Monday each month, Alexandra Women's Institute, first Tuesday each month.

<sup>2</sup> Home Educators, alternate Fridays, 1–3pm, please check with CUFOS Admin

<sup>3</sup> Palace Band, first and third Sunday each month during term time

<sup>4</sup> Tagore Centre usually third Sunday each month, <sup>5</sup> Art of Living every 2/3 weeks – see online calendar for dates

\* Yoga for Women once a month from 10<sup>th</sup> November Please check availability via [groups@cufos.org.uk](mailto:groups@cufos.org.uk)

| <b>MONDAY</b>                           | <b>TUESDAY</b>  | <b>WEDNESDAY</b>                                  | <b>THURSDAY</b>   | <b>FRIDAY</b>   | <b>SATURDAY</b>  | <b>SUNDAY</b>                                |
|---|---|---|---|---|--|--|
| 9.30-11.00<br><b>Saxophone practice</b> | 9.45-11.15<br><b>Therapeutic Art</b>                                    | 9.30-10.30<br><b>Sound Start Phonics</b>          |   |   | <i>NO<br/>REGULAR<br/>BOOKINGS</i>                       | 11.00–12.30<br><b>Tagoreans</b> <sup>3</sup> |
| 4.00-5.30<br><b>11+ Tuition</b>         | 2.30-3.30<br><b>Therapeutic Art</b><br><br>4.00-5.30<br><b>Art Pole</b> | 1.00-2.30<br><b>Saxophone practice</b>            | 1.30-2.30<br><b>Sound Start Phonics</b><br><br>5.00-6.30<br><b>Saxophone practice</b> |   | <i>NO<br/>REGULAR<br/>BOOKINGS</i>                       | <i>NO<br/>REGULAR<br/>BOOKINGS</i>           |
| 8.00-9.30<br><b>Men’s Circle</b>        |   | 7.00–8.00<br><b>London Metropolitan<br/>Brass</b> | 7.00-8.00<br><b>Yoga for Midlife &amp;<br/>Healthy Aging</b>                          | 7.00-9.00<br><b>Saxophone Practice</b><br>(2 <sup>nd</sup> and 4 <sup>th</sup> ) <sup>2</sup><br>7.00–10.00<br><b>First Friday Drumming</b><br>(1 <sup>st</sup> ) <sup>2</sup><br><b>Drumbeats</b><br>(3 <sup>rd</sup> ) <sup>2</sup> | 8.00-9.30<br><b>Saxophone Practice</b><br>(as available) | 5.30-7.30<br><b>CA</b>                       |

<sup>2</sup> First Friday Drumming = first Friday each month, Saxophone = second + fourth Friday each month, Drumbeats = third Friday each month

<sup>3</sup> Tagoreans = periodic booking, please check availability via [groups@cufos.org.uk](mailto:groups@cufos.org.uk)

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