

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.20-10.20 <b>Yoga Flow</b>  11.00-1.00 <b>Home Educators</b>	9.45-12.45 <b>Baby Sensory</b>	9.30-12.30 <b>NCT</b> <sup>4</sup>	10.00-12.30 <b>Old Station Painting Club</b>	9.30-12.30 <b>Baby Sensory</b>	<i>Reserved for Parties/Events</i>	10.00-1.00 <b>Palace Band</b> <sup>3</sup>  10.30-12.30 <b>MS Society</b> <sup>3</sup>
1.30-3.00 <b>Well Woman Yoga</b>  3.30-4.30 <b>Creative Yoga for Kids &amp; Parents/Carers</b>	1.30-4.30 <b>North London U3A Art</b>	1.30-4.30 <b>North London U3A Art</b>	1.30-4.00 <b>Old Station Painting Club</b>	1.00-3.00 <b>Home Educators</b> <sup>2</sup>  3.45-7.00 <b>Flamethrowers and Dreamcatchers</b>	<i>Reserved for Parties/Events</i>	2.00-5.00 <b>Tagore Centre</b> <sup>5</sup>
8.00-10.00 <b>Alex L'bour Party</b> (1 <sup>st</sup> ) <sup>1</sup>	5.15-7.45 <b>Monsters Dance Company</b>  8.00-10.00 <b>Alex. WI</b> (1 <sup>st</sup> ) <sup>1</sup>	5.30-7.00 <b>MH Kickboxing</b>  7.30-10.00 <b>London Metropolitan Brass</b>	7.30-9.30 <b>AA</b>	8.00-10.00 <b>Alexandra Swing Band</b>	<i>Reserved for Parties/Events</i>	<i>Reserved for Parties/Events</i>

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

<sup>2</sup> Home Educators, Fridays, 1-3 pm, alternates between Playgroup and Learners

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

<sup>4</sup> NCT = periodic booking

<sup>5</sup> Tagore Centre usually third Sunday each month

Please check availability via [groups@cufos.org.uk](mailto:groups@cufos.org.uk)

**CUFOS restricts weekend use to one-off bookings and private party hire, no new regular group bookings will be accepted**

*January 2024*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
9.00-10.30 <b>MH Drum Practice</b>		9.30-10.30 <b>Sound Start Phonics</b>	9.00-10.00 <b>MH Drum Practice</b>		<i>NO REGULAR BOOKINGS</i>	11.00–12.30 <b>Tagoreans</b> <sup>3</sup>
	5.00-6.30 <b>Art Pole</b>		1.30–2.30 <b>Sound Start Phonics</b>  5.00-6.30 <b>Art Pole</b>		<i>NO REGULAR BOOKINGS</i>	<i>NO REGULAR BOOKINGS</i>
7.30-9.00 <b>Men’s Circle</b>	7.30–10.00 <b>Jazz Group (2nd&amp;4th)</b> <sup>1</sup>	7.00–8.00 <b>London Metropolitan. Brass</b>	7.00-8.00 <b>Yoga for Midlife &amp; Healthy Aging</b>	7.00–10.00 <b>First Friday Drumming</b> (1st) <sup>2</sup>  <b>Drumbeats</b> (3rd) <sup>2</sup>	<i>NO REGULAR BOOKINGS</i>	5.30-7.30 <b>CA</b>

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

<sup>2</sup> First Friday Drumming = first 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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*Updated: January 2024*