**CUFOS BOOKING HALL Regular Users TIMETABLE**

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| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
|  | 9.45–12.45 **Baby Sensory** | 11.00–12.00 **Alexander Technique** | 10.00–12.30 **Old Station Painting Club** | 9.30–12.30 **Baby Sensory** | *Reserved*  *for*  *Parties/Events* | 10.00–1.00 **Palace Band** 3 |
| 1.30–3.00 **Yoga for Women**  3.45-4.45 **Creative Yoga for Kids  & Parents/Carers\*** | 1.30–4.30 **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** | *Reserved*  *for*  *Parties/Events* | 2.00–5.00  **Tagore Centre** 4 |
| 6.00-8.00 **Art of Living** 5  6.30-10.30 **Chabad Moon Circle**(3rd) 1  8.00-10.00 **Alex L’bour Party**(1st) 1 | 5.15–7.45 **Monsters Dance Company**  8.00–10.00 **Alex. WI** (1st) 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** | *Reserved*  *for*  *Parties/Events* | *Reserved*  *for*  *Parties/Events* |

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 on Monday starts after half-term 24th February, Private Coaching Thursday Spring Term 2025 only 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 2025***

**CUFOS WAITING ROOM Regular Users TIMETABLE**

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| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
|  |  |  |  |  | *NO*  *REGULAR*  *BOOKINGS* | 11.00–12.30  **Tagoreans** 3 |
|  | 5.00-6.30 **Art Pole** |  |  |  | *NO*  *REGULAR*  *BOOKINGS* | *NO*  *REGULAR*  *BOOKINGS* |
| 8.00-9.30 **Men’s Circle** | 7.30–10.00 **Jazz Group** (2nd&4th) 1 | 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** |

1 Jazz Group: second and fourth Tuesdays each month

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](mailto:groups@cufos.org.uk)

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***January 2025***