

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
					10.00 – 11.00 Adult Yoga	
						17.00 – 18.30 PCC Meeting
3	4	5	6	7	8	9
	9.30 – 10.30 Full Body Workout			09.00 – 10.00 Chair Based Yoga	10.00 – 11.00 Adult Yoga	
	10.30 – 11.30 Pilates			10.30 – 11.45 Hatha Yoga		
14.00 – 16.00 U3A Painting & Drawing		CLEANING	14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga	19.00 – 20.30 Dance Dedication	17.00 – 19.00 Private Booking	HOLIDAY		
	20.15 – 22.15 Iaijutsu / Aikido					
10	11	12	13	14	15	16
	9.30 – 10.30 Full Body Workout			09.00 – 10.00 Chair Based Yoga	HOLIDAY	
	10.30 – 11.30 Pilates			10.30 – 11.45 Hatha Yoga		
		CLEANING	CANCELLED			
	18.45 – 19.45 Community Yoga		CANCELLED	18.30 – 19.30 Friday Calm Yoga		
	20.15 – 22.15 Iaijutsu / Aikido					
17	18	19	20	21	22	23
	9.30 – 10.30 Full Body Workout			09.00 – 10.00 Chair Based Yoga	HOLIDAY	
	10.30 – 11.30 Pilates			10.30 – 11.45 Hatha Yoga		
14.00 – 16.00 U3A Painting & Drawing		CLEANING	14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga		17.00 – 19.00 Private Booking	18.30 – 19.30 Friday Calm Yoga		
	20.15 – 22.15 Iaijutsu / Aikido					
24	25	26	27	28	29	30
	9.30 – 10.30 Full Body Workout			09.00 – 10.00 Chair Based Yoga	10.00 – 11.00 Adult Yoga	
	10.30 – 11.30 Pilates			10.30 – 11.45 Hatha Yoga		
		CLEANING	14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga		17.00 – 19.00 Private Booking	HOLIDAY		
	20.15 – 22.15 Iaijutsu / Aikido					

Class Contacts

Adult Yoga	Saturday	Deborah	dlambell@rewildingyoga.co.uk
Aikido & Iaijutsu	Tuesday	Nikos	aiki_nikos@hotmail.com
Art Group	Wednesday	Pennie	penniewillcocks@hotmail.com
Chair Based Yoga	Friday	Tracy Pelling	tracyquarrell3@gmail.com
Community Yoga Evening Flow	Tuesday	Sarah	sarahejanes@hotmail.co.uk
Dance Dedication	Wednesday	Christina	dancededicationsawston@gmail.com
Dressmaking Group	Monday	Cherry	cherrybooth3@gmail.com
Full Body Workout / Pilates	Tuesday	Disa	07798 754 029 / disa_bennett@hotmail.com
Hatha Style Yoga	Friday	Josie	josephinejohnson@gmail.com
Priory Bridge Group	Thursday	John	j.french484@btinternet.com
U3A Art Group	Monday	Maggie	glynn.mri@ntlworld.com
		John	johnnry6@gmail.com
U3A Handbells	Mon & Fri	Mike	rowlandm960@gmail.com
Friday Calm Yoga	Friday	Vicky	vicky@pausebreathflow.com

Please note our new email addresses:

manager@pampisfordvillagehall.co.uk and bookings@pampisfordvillagehall.co.uk

Website: www.pampisfordvillagehall.co.uk