

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	10.00 – 13.00 Art Class	09.30 – 12.00 Taste Buds Cookery	09.00 – 10.00 Chair Based Yoga		
	10.30 – 11.30 Pilates			10.30 – 11.30 Hatha Yoga		
14.00 – 16.00 U3A Painting & Drawing		1 3.30 – 15.30 CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Hand Bells		
17.00 – 19.00 Private Booking						
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga	16.15 – 20.45 Dance Dedication	17.00 – 19.00 Private Booking			
	20.15 – 22.15 Iaijutsu / Aikido					
8	9	10	11	12	13	14
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	10.00 – 13.00 Art Class	09.30 – 12.00 Taste Buds Cookery	09.00 – 10.00 Chair Based Yoga		10.00 – 14.00 Private Booking
	10.30 – 11.30 Pilates			10.30 – 11.30 Hatha Yoga		
		13.30 – 15.30 CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells - Mike		
HOLIDAY	18.45 – 19.45 Community Yoga	16.15 – 20.45 Dance Dedication	17.00 – 19.00 Private Booking		18.00 – 21.00 Private Booking	
	20.15 – 22.15 Iaijutsu / Aikido		19.00 – 21.00 Parish Council Mtg			
15	16	17	18	19	20	21
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	HOLIDAY	HOLIDAY	09.00 – 10.00 Chair Based Yoga		
	HOLIDAY			10.30 – 11.30 Hatha Yoga		
14.00 – 16.00 U3A Painting & Drawing		13.30 – 15.30 CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells		
HOLIDAY	18.45 – 19.45 Community Yoga	HOLIDAY	17.00 – 19.00 Private Booking			
	20.15 – 22.15 Iaijutsu / Aikido					
22	23	24	25	26	27	28
HOLIDAY	HOLIDAY	CHRISTMAS	CHRISTMAS	CHRISTMAS	CHRISTMAS	CHRISTMAS
	HOLIDAY					
HOLIDAY	18.45 – 19.45 Community Yoga					
	20.15 – 22.15 Iaijutsu / Aikido					
29	30	31				
CHRISTMAS	CHRISTMAS	NEW YEAR CLOSING				

Class Contacts

Adult Yoga	Saturday	Deborah	dlambell@rewildingyoga.co.uk
Aikido & Iaijutsu	Tuesday	Nikos	aiki_nikos@hotmail.com
Art Group	Wednesday	Valerie	valerie@goldman.co.uk
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
Hatha Style Yoga	Friday	Josie	josephinejohnson@gmail.com
Priory Bridge Group	Thursday	John	j.french484@btinternet.com
Taste Buds Cookery School	Thursday	Louise	louisemw26@gmail.com
U3A Art Group	Monday	Maggie	glyn.mri@ntlworld.com
		John	johnngry6@gmail.com
U3A Handbells	Mon & Fri	Mike	rowlandm960@gmail.com