

| Monday                                  | Tuesday                            | Wednesday                         | Thursday                            | Friday                                | Saturday                    | Sunday                           |
|-----------------------------------------|------------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|-----------------------------|----------------------------------|
|                                         |                                    |                                   | 1                                   | 2                                     | 3                           | 4                                |
|                                         |                                    |                                   |                                     | 10.30 – 11.45<br>Hatha Yoga           | 10.00 – 11.00<br>Adult Yoga |                                  |
|                                         |                                    |                                   | HOLIDAY                             | HOLIDAY                               |                             | 16.00 – 17.30<br>Private Booking |
|                                         |                                    |                                   | 17.00 – 19.00<br>Private Booking    |                                       |                             |                                  |
| 5                                       | 6                                  | 7                                 | 8                                   | 9                                     | 10                          | 11                               |
| 10.00 – 12.00<br>U3A Hand Bells         | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class        |                                     | 09.00 – 10.00<br>Chair Based Yoga     | 10.00 – 11.00<br>Adult Yoga |                                  |
|                                         | 10.30 – 11.30<br>Pilates           |                                   |                                     | 10.30 – 11.45<br>Hatha Yoga           |                             |                                  |
| 14.00 – 16.00<br>U3A Painting & Drawing |                                    | CLEANING<br>Sawston U3A Mtg       | 14.00 – 17.00<br>Priory Bridge      | 14.00 – 16.00<br>U3A Handbells - Mike |                             |                                  |
| HOLIDAY                                 | 18.45 – 19.45<br>Community Yoga    | 16.15 – 20.45<br>Dance Dedication | 17.00 – 19.00<br>Private Booking    |                                       |                             |                                  |
|                                         | 20.15 – 22.15<br>Iaijutsu / Aikido |                                   | 19.00 – 21.00<br>Parish Council Mtg |                                       |                             |                                  |
| 12                                      | 13                                 | 14                                | 15                                  | 16                                    | 17                          | 18                               |
| 10.00 – 12.00<br>U3A Hand Bells         | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class        |                                     | 09.00 – 10.00<br>Chair Based Yoga     | 10.00 – 11.00<br>Adult Yoga |                                  |
|                                         | 10.30 – 11.30<br>Pilates           |                                   |                                     | 10.30 – 11.45<br>Hatha Yoga           |                             |                                  |
|                                         |                                    | CLEANING                          | 14.00 – 17.00<br>Priory Bridge      | 14.00 – 16.00<br>U3A Handbells        |                             |                                  |
|                                         | 19.00 – 20.30<br>PCC Mtg           | 13.30 – 17.30<br>Private Booking  |                                     |                                       |                             |                                  |
| 19.30 – 21.30<br>Dressmaking            | 18.45 – 19.45<br>Community Yoga    | 16.15 – 20.45<br>Dance Dedication | 17.00 – 19.00<br>Private Booking    |                                       |                             |                                  |
|                                         | 20.15 – 22.15<br>Iaijutsu / Aikido |                                   |                                     |                                       |                             |                                  |
| 19                                      | 20                                 | 21                                | 22                                  | 23                                    | 24                          | 25                               |
| 10.00 – 12.00<br>U3A Hand Bells         | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class        |                                     | 09.00 – 10.00<br>Chair Based Yoga     |                             |                                  |
|                                         | 10.30 – 11.30<br>Pilates           |                                   |                                     | 10.30 – 11.45<br>Hatha Yoga           |                             |                                  |
| 14.00 – 16.00<br>U3A Painting & Drawing |                                    | CLEANING                          | 14.00 – 17.00<br>Priory Bridge      | 14.00 – 16.00<br>U3A Handbells - Mike |                             |                                  |
| 19.30 – 21.30<br>Dressmaking            | 18.45 – 19.45<br>Community Yoga    | 16.15 – 20.45<br>Dance Dedication | 17.00 – 19.00<br>Private Booking    |                                       |                             |                                  |
|                                         | 20.15 – 22.15<br>Iaijutsu / Aikido |                                   |                                     |                                       |                             |                                  |
| 26                                      | 27                                 | 28                                | 29                                  | 30                                    | 31                          |                                  |
| 10.00 – 12.00<br>U3A Hand Bells         | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class        |                                     | 09.00 – 10.00<br>Chair Based Yoga     | 10.00 – 11.00<br>Adult Yoga |                                  |
|                                         | 10.30 – 11.30<br>Pilates           |                                   |                                     | 10.30 – 11.45<br>Hatha Yoga           |                             |                                  |
|                                         |                                    | CLEANING                          | 14.00 – 17.00<br>Priory Bridge      | 14.00 – 16.00<br>U3A Handbells - Mike |                             |                                  |
| 19.30 – 21.30<br>Dressmaking            | 18.45 – 19.45<br>Community Yoga    | 16.15 – 20.45<br>Dance Dedication | 17.00 – 19.00<br>Private Booking    |                                       |                             |                                  |
|                                         | 20.15 – 22.15<br>Iaijutsu / Aikido |                                   |                                     |                                       |                             |                                  |

## Class Contacts

|                             |           |               |                                                                                        |
|-----------------------------|-----------|---------------|----------------------------------------------------------------------------------------|
| Adult Yoga                  | Saturday  | Deborah       | <a href="mailto:dlambell@rewildingyoga.co.uk">dlambell@rewildingyoga.co.uk</a>         |
|                             |           |               |                                                                                        |
| Aikido & Iaijutsu           | Tuesday   | Nikos         | <a href="mailto:aiki_nikos@hotmail.com">aiki_nikos@hotmail.com</a>                     |
|                             |           |               |                                                                                        |
| Art Group                   | Wednesday | Valerie       | <a href="mailto:valerie@goldman.co.uk">valerie@goldman.co.uk</a>                       |
|                             |           |               |                                                                                        |
| Chair Based Yoga            | Friday    | Tracy Pelling | <a href="mailto:tracyquarrell3@gmail.com">tracyquarrell3@gmail.com</a>                 |
|                             |           |               |                                                                                        |
| Community Yoga Evening Flow | Tuesday   | Sarah         | <a href="mailto:sarahejanes@hotmail.co.uk">sarahejanes@hotmail.co.uk</a>               |
|                             |           |               |                                                                                        |
| Dance Dedication            | Wednesday | Christina     | <a href="mailto:dancededicationsawston@gmail.com">dancededicationsawston@gmail.com</a> |
|                             |           |               |                                                                                        |
| Dressmaking Group           | Monday    | Cherry        | <a href="mailto:cherrybooth3@gmail.com">cherrybooth3@gmail.com</a>                     |
|                             |           |               |                                                                                        |
| Full Body Workout / Pilates | Tuesday   | Disa          | 07798 754 029                                                                          |
|                             |           |               |                                                                                        |
| Hatha Style Yoga            | Friday    | Josie         | <a href="mailto:josephinejohnson@gmail.com">josephinejohnson@gmail.com</a>             |
|                             |           |               |                                                                                        |
| Priory Bridge Group         | Thursday  | John          | <a href="mailto:j.french484@btinternet.com">j.french484@btinternet.com</a>             |
|                             |           |               |                                                                                        |
| U3A Art Group               | Monday    | Maggie        | <a href="mailto:glyn.mri@ntlworld.com">glyn.mri@ntlworld.com</a>                       |
|                             |           | John          | <a href="mailto:johngrv6@gmail.com">johngrv6@gmail.com</a>                             |
|                             |           |               |                                                                                        |
| U3A Handbells               | Mon & Fri | Mike          | <a href="mailto:rowlandm960@gmail.com">rowlandm960@gmail.com</a>                       |
|                             |           |               |                                                                                        |