

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
10.00 – 12.00 U3A Hand Bells	HOLIDAY	10.00 – 13.00 Art Class		09.00 – 10.00 Chair Based Yoga	10.00 – 11.00 Adult Yoga	
	HOLIDAY			10.30 – 11.45 Hatha Yoga		
14.00 – 16.00 U3A Painting & Drawing		CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells		
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga	15.45 – 20.15 Dance Dedication	17.00 – 19.00 Private Booking		17.00 – 19.00 Private Booking	
	20.15 – 22.15 Iaijutsu / Aikido					
9	10	11	12	13	14	15
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	10.00 – 13.00 Art Class		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	14.00 – 16.00 U3A Handbells		
		13.30 – 17.30 Private Booking				
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga	15.45 – 20.15 Dance Dedication	17.00 – 19.00 Private Booking			
	20.15 – 22.15 Iaijutsu / Aikido		19.00 – 21.00 PC Meeting			
16	17	18	19	20	21	22
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	10.00 – 13.00 Art Class		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	14.00 – 16.00 U3A Handbells - Mike		
HOLIDAY	18.45 – 19.45 Community Yoga	16.15 – 20.15 Dance Dedication	17.00 – 19.00 Private Booking			
	20.15 – 22.15 Iaijutsu / Aikido					
23	24	25	26	27	28	29
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout	10.00 – 13.00 Art Class		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	14.00 – 16.00 U3A Handbells - Mike		
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga	16.15 – 20.15 Dance Dedication	17.00 – 19.00 Private Booking			
	20.15 – 22.15 Iaijutsu / Aikido					
30	31					
10.00 – 12.00 U3A Hand Bells	9.30 – 10.30 Full Body Workout					
	10.30 – 11.30 Pilates					
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga					
	20.15 – 22.15 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:johngry6@gmail.com">johngry6@gmail.com</a>
U3A Handbells	Mon & Fri	Mike	<a href="mailto:rowlandm960@gmail.com">rowlandm960@gmail.com</a>