

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
						Provisional Booking
3	4	5	6	7	8	9
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	07.30 – 08.30 Rise & Shine Vinyasa Yoga	11.00 – 15.00 Private Booking	
	10.30 – 11.30 Pilates			09.00 – 10.00 Chair Based Yoga		
				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		
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 Jaijutsu / Aikido					
10	11	12	13	14	15	16
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	07.30 – 08.30 Rise & Shine Vinyasa Yoga	10.00 – 11.00 Adult Yoga	
	10.30 – 11.30 Pilates			09.00 – 10.00 Chair Based Yoga	12.00 – 13.00 Church Lane Rec Working Party	
				10.30 – 11.30 Hatha Yoga		
	14.00 – 17.00 Fused Glass Magic	13.30 – 15.30 CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells - Mike	14.00 – 17.00 Fused Glass Magic	
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 Jaijutsu / Aikido		19.00 – 21.00 Parish Council Mtg			
17	18	19	20	21	22	23
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	07.30 – 08.30 Rise & Shine Vinyasa Yoga	10.00 – 11.00 Adult Yoga	
	10.30 – 11.30 Pilates			09.00 – 10.00 Chair Based Yoga		
				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	14.00 – 17.00 Fused Glass Magic	
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 Jaijutsu / Aikido		19.00 – 21.00 PCC Mtg			
24	25	26	27	28	29	30
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	07.30 – 08.30 Rise & Shine Vinyasa Yoga	10.00 – 11.00 Adult Yoga	
	10.30 – 11.30 Pilates			09.00 – 10.00 Chair Based Yoga		
				10.30 – 11.30 Hatha Yoga		
		13.30 – 15.30 CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells	13.00 – 10.30 Pampisford Pop Up Pub	
		13.00 – 18.00 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 Jaijutsu / Aikido		19.00 – 20.30 Book Club			

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
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	glynn.mri@ntlworld.com
		John	johnnry6@gmail.com
U3A Handbells	Mon & Fri	Mike	rowlandm960@gmail.com