Class contacts on second page

NOVEMBER 2026

Meeting Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1
10.00 – 12.00 U3A Handbells						
HOLIDAY						
19.30 – 21.30 Sewing Group						
2	3	4	5	6	7	8
10.00 – 12.00 U3A Handbells	9.30 – 10.30 Full Body Workout 10.30 – 11.30 Pilates	10.00 – 13.00 Art Class	10.00 – 11.00 Tai Chi	09.00 – 10.00 Chair Based Yoga 10.30 – 11.45 Hatha Yoga	10.00 – 11.00 Adult Yoga	
		CLEANING 14.30 – 16.30 U3A Meeting	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells	14.00 – 16.00 Private Booking	12.30 – 17.30 Private Booking
HOLIDAY 19.30 – 21.30 Sewing Group	18.45 – 19.45 Community Yoga 20.15 – 22.15 Iaijutsu / Aikido	17.00 – 21.00 Dance Dedication	CANCELLED	18.30 – 19.30 Friday Calm Yoga		
9	10	11	12	13	14	15
10.00 – 12.00 U3A Handbells	9.30 – 10.30 Full Body Workout 10.30 – 11.30 Pilates	10.00 – 13.00 Art Class	10.00 – 11.00 Tai Chi	09.00 – 10.00 Chair Based Yoga 10.30 – 11.45 Hatha Yoga	10.00 – 11.00 Adult Yoga	
14.00 – 16.0 U3A Painting & Drawing		CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells	14.00 – 15.00 Private Booking	
18.00 – 19.00 Cubs 19.30 – 21.30 Sewing Group	18.45 – 19.45 Community Yoga 20.15 – 22.15 Iaijutsu / Aikido	17.00 – 21.00 Dance Dedication	17.00 – 19.00 Private Booking 19.00 – 21.00 Parish Council Mtg	18.30 – 19.30 Friday Calm Yoga		
16	17	18	19	20	21	22
10.00 – 12.00 U3A Handbells	9.30 – 10.30 Full Body Workout 10.30 – 11.30 Pilates	10.00 – 13.00 Art Class	10.00 – 11.00 Tai Chi	09.00 – 10.00 Chair Based Yoga 10.30 – 11.45 Hatha Yoga	10.00 – 11.00 Adult Yoga	
		CLEANING 13.30 – 17.30 Private Booking	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells		
18.00 – 19.00 Cubs 19.30 – 21.30 Sewing Group	18.45 – 19.45 Community Yoga 20.15 – 22.15 Iaijutsu / Aikido	17.00 – 21.00 Dance Dedication	17.00 – 19.00 Private Booking	CANCELLED		
23	24	25	26	27	28	29
10.00 – 12.00 U3A Handbells	9.30 – 10.30 Full Body Workout 10.30 – 11.30 Pilates	10.00 – 13.00 Art Class	10.00 – 11.00 Tai Chi	09.00 – 10.00 Chair Based Yoga 10.30 – 11.45 Hatha Yoga	10.00 – 11.00 Adult Yoga	
14.00 – 16.0 U3A Painting & Drawing	14.00 – 16.00 Private Booking	CLEANING	14.00 – 17.00 Priory Bridge	14.00 – 16.00 U3A Handbells		
18.00 – 19.00 Cubs 19.30 – 21.30 Sewing Group	18.45 – 19.45 Community Yoga 20.15 – 22.15 Iaijutsu / Aikido	17.00 – 21.00 Dance Dedication	17.00 – 19.00 Private Booking	18.30 – 19.30 Friday Calm Yoga		

Class Contacts

Slow Flow 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	Josie	josephineejohnson@gmail.com
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	josephineejohnson@gmail.com
Priory Bridge Group	Thursday	John	j.french484@btinternet.com
Tai Chi	Thursday	Keith	info@keithjabraham.com
U3A Art Group	Monday	Maggie	glyn.mri@ntlworld.com
		John	johngry6@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