

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
HOLIDAY	9.30 – 10.30 Full Body Workout - Disa 10.30 – 11.30 Pilates - Disa	MAINTENANCE	09.00 – 12.00 Taste Buds Cookery	09.00 – 10.00 Chair Based Yoga - Taster 10.30 – 11.30 Hatha Yoga - Josie		
		MAINTENANCE	14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga - Sarah 20.15 – 22.15 Iaido / Aikido - Nikos	MAINTENANCE	17.00 – 19.00 Private Booking	HOLIDAY		
8	9	10	11	12	13	14
HOLIDAY	9.30 – 10.30 Full Body Workout / Disa 10.30 – 11.30 Pilates / Disa	HOLIDAY	09.00 – 12.00 Taste Buds Cookery	09.00 – 10.00 Chair Based Yoga 10.30 – 11.30 Hatha Yoga - Josie		
	MAINTENANCE		14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga - Sarah 20.15 – 22.15 Iaido / Aikido - Nikos	16.15 – 20.45 Dance Ded – Christina	17.00 – 19.00 Private Booking 19.00 – 21.00 PC Meeting	HOLIDAY		
15	16	17	18	19	20	21
HOLIDAY	9.30 – 10.30 Full Body Workout - Disa 10.30 – 11.30 Pilates - Disa	10.00 – 13.00 Art - Valerie	09.00 – 12.00 Taste Buds Cookery	09.00 – 10.00 Chair Based Yoga 10.30 – 11.30 Hatha Yoga - Josie	10.00 – 15.00 Private Booking	
			14.00 – 17.00 Priory Bridge			
	18.45 – 19.45 Community Yoga - Sarah 20.15 – 22.15 Iaido / Aikido - Nikos	16.15 – 20.45 Dance Ded - Christina	17.00 – 19.00 Private Booking	HOLIDAY		
22	23	24	25	26	27	28
HOLIDAY	9.30 – 10.30 Full Body Workout - Disa 10.30 – 11.30 Pilates - Disa	10.00 – 13.00 Art - Valerie	09.00 – 12.00 Taste Buds Cookery	07.30 – 08.30 Rise & Shine Yoga - Josie 09.00 – 10.00 Chair Based Yoga 10.30 – 11.30 Hatha Yoga - Josie		
			14.00 – 17.00 Priory Bridge			
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga - Sarah 20.15 – 22.15 Iaido / Aikido - Nikos	16.15 – 20.45 Dance Ded - Christina	17.00 – 19.00 Private Booking	HOLIDAY		
29	30					
HOLIDAY	HOLIDAY					
19.30 – 21.30 Dressmaking	18.45 – 19.45 Community Yoga – Sarah 20.15 – 22.15 Iaido / Aikido - Nikos					

Class Contacts

Aikido & Iaijutsu – Nikos aiki_nikos@hotmail.com

Art Wednesday – Valerie valerie@goldman.co.uk

Community Yoga Evening Flow – Sarah sarahejanes@hotmail.co.uk

Dance Dedication – Christina dancededicationsawston@gmail.com

Dressmaking – Cherry cherrybooth3@gmail.com

Hatha Style Yoga – Josie josephinejohnson@gmail.com

Priory Bridge Group – John j.french484@btinternet.com

Taste Buds Cookery School – Louise louisemw26@gmail.com

U3A Handbells – Mike rowlandm960@gmail.com