

| Monday                            | Tuesday                            | Wednesday                          | Thursday                         | Friday                            | Saturday                       | Sunday |
|-----------------------------------|------------------------------------|------------------------------------|----------------------------------|-----------------------------------|--------------------------------|--------|
|                                   | 1                                  | 2                                  | 3                                | 4                                 | 5                              | 6      |
|                                   | HOLIDAY                            | HOLIDAY                            |                                  | 09.00 – 10.00<br>Chair Based Yoga | 10.00 – 11.00<br>Adult Yoga    |        |
|                                   | HOLIDAY                            |                                    |                                  | 10.30 – 11.45<br>Hatha Yoga       |                                |        |
|                                   |                                    | CLEANING                           | 14.00 – 17.00<br>Priory Bridge   |                                   |                                |        |
|                                   | 18.45 – 19.45<br>Community Yoga    | HOLIDAY                            | 17.00 – 19.00<br>Private Booking | 18.30 – 19.30<br>Friday Calm Yoga |                                |        |
|                                   | 20.15 – 22.15<br>Iaijutsu / Aikido |                                    |                                  |                                   |                                |        |
| 7                                 | 8                                  | 9                                  | 10                               | 11                                | 12                             | 13     |
|                                   | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class         |                                  | 09.00 – 10.00<br>Chair Based Yoga | HOLIDAY                        |        |
|                                   | 10.30 – 11.30<br>Pilates           |                                    |                                  | 10.30 – 11.45<br>Hatha Yoga       |                                |        |
|                                   |                                    | CLEANING                           | 14.00 – 17.00<br>Priory Bridge   |                                   | 13.00 – 18.00<br>Private Party |        |
| HOLIDAY                           | 18.45 – 19.45<br>Community Yoga    | HOLIDAY                            | HOLIDAY                          | 18.30 – 19.30<br>Friday Calm Yoga |                                |        |
|                                   | 20.15 – 22.15<br>Iaijutsu / Aikido |                                    | 19.15 – 20.15<br>Yoga            |                                   |                                |        |
| 14                                | 15                                 | 16                                 | 17                               | 18                                | 19                             | 20     |
|                                   | 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   |                                   |                                |        |
|                                   |                                    | 14.30 – 17.30<br>U3A Committee Mtg |                                  |                                   |                                |        |
| HOLIDAY                           | 18.45 – 19.45<br>Community Yoga    | 17.30 – 21.00<br>Dance Dedication  | HOLIDAY                          | 18.30 – 19.30<br>Friday Calm Yoga |                                |        |
| 16.00 – 20.45<br>Dance Dedication | 20.15 – 22.15<br>Iaijutsu / Aikido |                                    | 19.15 – 20.15<br>Yoga - TBC      |                                   |                                |        |
| 21                                | 22                                 | 23                                 | 24                               | 25                                | 26                             | 27     |
|                                   | 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 – 12.00<br>Adult Yoga    |        |
|                                   | 10.30 – 11.30<br>Pilates           |                                    |                                  | 10.30 – 11.45<br>Hatha Yoga       |                                |        |
|                                   |                                    | CLEANING                           | 14.00 – 17.00<br>Priory Bridge   |                                   |                                |        |
| 19.30 – 21.30<br>Sewing Group     | 18.45 – 19.45<br>Community Yoga    | 17.30 – 21.00<br>Dance Dedication  | 17.00 – 19.00<br>Private Booking | 18.30 – 19.30<br>Friday Calm Yoga |                                |        |
| 16.00 – 19.15<br>Dance Dedication | 20.15 – 22.15<br>Iaijutsu / Aikido |                                    | 19.15 – 20.15<br>Yoga - TBC      |                                   |                                |        |
| 28                                | 29                                 | 30                                 |                                  |                                   |                                |        |
|                                   | 9.30 – 10.30<br>Full Body Workout  | 10.00 – 13.00<br>Art Class         |                                  |                                   |                                |        |
|                                   | 10.30 – 11.30<br>Pilates           |                                    |                                  |                                   |                                |        |
|                                   |                                    | CLEANING                           |                                  |                                   |                                |        |
|                                   |                                    | 13.30 – 17.30<br>Private Booking   |                                  |                                   |                                |        |
| 19.30 – 21.30<br>Sewing Group     | 18.45 – 19.45<br>Community Yoga    | 17.30 – 21.00<br>Dance Dedication  |                                  |                                   |                                |        |
|                                   | 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 | Pennie        | <a href="mailto:penniewillcocks@hotmail.com">penniewillcocks@hotmail.com</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 / <a href="mailto:disa_bennett@hotmail.com">disa_bennett@hotmail.com</a> |
|                             |           |               |                                                                                        |
| 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:johnnry6@gmail.com">johnnry6@gmail.com</a>                             |
|                             |           |               |                                                                                        |
| U3A Handbells               | Mon & Fri | Mike          | <a href="mailto:rowlandm960@gmail.com">rowlandm960@gmail.com</a>                       |
|                             |           |               |                                                                                        |
| Friday Calm Yoga            | Friday    | Vicky         | <a href="mailto:vicky@pausebreathflow.com">vicky@pausebreathflow.com</a>               |

**Please note our new email addresses:**

**[manager@pampisfordvillagehall.co.uk](mailto:manager@pampisfordvillagehall.co.uk) and [bookings@pampisfordvillagehall.co.uk](mailto:bookings@pampisfordvillagehall.co.uk)**

**Website: [www.pampisfordvillagehall.co.uk](http://www.pampisfordvillagehall.co.uk)**