

**REGULAR USERS AND CONTACT NUMBERS**

If you would like to attend any of these meetings please contact the group leader first to see if there are places available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALL	HALL	HALL	HALL	HALL
9.45am-11.15am Trails for all Cuddington Branch C Britton 07932 772467 info@trailsforall.co.uk www.trailsforall.co.uk	9.25 am – 10.35 am PilatesLife L Comley 0776 1122134 Louisecross@hotmail.com	9.25 am – 10.35 PilatesLife L Comley 0776 1122134 Louisecross@hotmail.com	9.30am-10.45am (term time only) Breathing Space Yoga Sarah Clover 07977093373 sarah@breathingspace-yoga.com www.breathingspace-yoga.com	9.30am-11.30am Totting Up (term time only) V Brand 07919 117412 victoriajanebrand@hotmail.com
12.30pm – 4.30pm Round Tower Bridge Club F Town 01606 853918	11.45am – 1.15pm Tai-Chi for Health in Cheshire Di Bowler 01606 784715 info@taichiforhealthincheshirecheshire.com	1.30pm-3.00pm (term time only) Breathing Space Yoga Mum & Baby Yoga Sarah Clover 07977093373 sarah@breathingspace-yoga.com www.breathingspace-yoga.com	2.00 pm – 4.00 pm Afternoon Tea 1 st Thursday Monthly All Welcome	11.45am-1.35pm Moo-Music Jenny McShane 07731 757420 jenniemoo@moo-music.co.uk
5.10 pm – 7.50 pm Yoga in Cheshire T Cohen 07754 434350 tab@yogaincheshire.com	1.25 pm – 2.50 pm Yoga in Cheshire T Cohen 07754 434350 info@yogaincheshire.com	5.55 pm – 7.05 pm Blue Dragon TaeKwon-Do Children's Cuddington Branch A Walkinshaw 07890 399994 al@bdtk.co.uk	1.00 pm – 4.30 pm C & S W I 2 nd Thursday Monthly M Ashton 01606 883627 john@jashton.plus.com	2.00pm-3.00pm (wef15/09/17) Iyengar Yoga Class Karen Brindle 01606 301793 07977 298991 Karenbyyoga@gmail.com
8.00 pm – 10.00pm Table Tennis Club (Sep – May) E Hulm 01606 883252 elainehulm@talktalk.net	5.45 pm – 7.30 pm (Term Time Only) 1 st Sandiway Brownies K Walker 07772 277115 Katie.sandiwaybrownies@gmail.com	7.30 pm – 11.30 pm VHC Film Club 2 nd Wednesday monthly (winter only)	5.00pm–6.00pm (term time only) Rainbows V Relf 07921 841280 Victoria.e.relf@gmail.com	6.10 pm – 7.50 pm Blue Dragon TaeKwon-Do Adults Cuddington Branch A Walkinshaw 07890 399964 al@bdtk.co.uk
	8.00pm-9.30pm Iyengar Yoga Class for Beginners Karen Brindle 01606 301793 07977 298991 Karenbyyoga@gmail.com	1.30pm-3.00pm (term time only) Breathing Space Yoga Mum & Baby Yoga Sarah Clover 07977093373 sarah@breathingspace-yoga.com www.breathingspace-yoga.com	6.00pm–8.00pm (term time only) 3 rd Sandiway Brownies C Battersby 01606883769 Clare.battersby@btinternet.com	7.30 pm – 9.45 pm Mid-Cheshire Ornithological Society (MCOS). 2 nd Friday Monthly Oct – Apr H Fielding 01606 882529
			8.00pm-9.30pm General Iyengar Yoga Class Karen Brindle 01606 301793 07977 298991 Karenbyyoga@gmail.com	
	SATURDAY			
	HALL			
	9.25 am -12.50 pm B & G Ju Jitsu(Term time only) B Clewes 01606 551552 billclewes@aol.com			

To book the hall please call 01606 888366 or 01606 888931

In Emergencies call 0750 193 4383