



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 Louiseccross@hotmail.com	9.25 am – 10.35 PilatesLife L Comley 0776 1122134 Louiseccross@hotmail.com	9.30am-10.45am (term time only) Breathing Space Yoga Sarah Clover 07977093373 sarah@breathingspace-yoga.com www.breathingspace-yoga.com	9.00am-12 Noon 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	10.45am-12.15pm Mambo Mamas Term time only Louisa Colligan 07970 223342 loucolly@yahoo.co.uk	2.00 pm – 4.00 pm Afternoon Tea 1 st Thursday Monthly All Welcome	6.10 pm – 7.50 pm Blue Dragon TaeKwon-Do Adults Cuddington Branch A Walkinshaw 07890 399964 al@bdtk.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	1.30pm-3.00pm (term time only) Breathing Space Yoga (wef 09/17) Mum & Baby Yoga Sarah Clover 07977093373 sarah@breathingspace-yoga.com www.breathingspace-yoga.com	1.00 pm – 4.30 pm C & S W I 2 nd Thursday Monthly M Ashton 01606 883627 john@jashton.plus.com	7.30 pm – 9.45 pm Mid-Cheshire Ornithological Society (MCOS). 2 nd Friday Monthly Oct – Apr H Fielding 01606 882529
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 R Fryer 07827 666189 Rhi.fryer@gmail.com	5.55 pm – 7.05 pm Blue Dragon TaeKwon-Do Children's Cuddington Branch A Walkinshaw 07890 399994 al@bdtk.co.uk	5.00 pm – 6.00 pm Rainbows (Term time only) V Relf 07921 841280 Victoria.e.relf@gmail.com	
	8.00pm-9.15pm 8.00pm-9.30pm wef 18/04/17 Iyengar Yoga Class for Beginners Karen Brindle 01606 301793 07977 298991 Karenbyoga@gmail.com	7.30 pm – 11.30 pm VHC Film Club 2 nd Wednesday monthly (winter only)	6.00 pm – 8.00 pm Term Time Only) 3 rd Sandiway Brownies C Battersby (Term Time Only)	
			8.00pm-9.15pm 8.00pm-9.30pm wef 18/04/17 General Iyengar Yoga Class Karen Brindle 01606 301793 07977 298991 Karenbyoga@gmail.com	
	SATURDAY			
	HALL			
	9.25 am -12.50 pm B & G Ju Jitsu(Term time only) 01606 551552			

To book the hall please call 01606 888366 or 01606 888931

In Emergencies call 0750 193 4383