



## 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
<b>HALL</b>	<b>HALL</b>	<b>HALL</b>	<b>HALL</b>	<b>HALL</b>
9.45am-11.15am Trails for all Cuddington Branch C Britton 07932 772467 <a href="mailto:info@trailsforall.co.uk">info@trailsforall.co.uk</a> <a href="http://www.trailsforall.co.uk">www.trailsforall.co.uk</a>	9.25 am – 10.35 am PilatesLife L Comley 0776 1122134 <a href="mailto:Louisecross@hotmail.com">Louisecross@hotmail.com</a>	9.25 am – 10.35 PilatesLife L Comley 0776 1122134 <a href="mailto:Louisecross@hotmail.com">Louisecross@hotmail.com</a>	9.30am-10.45am (term time only) Breathing Space Yoga Sarah Clover 07977093373 <a href="mailto:sarah@breathingspace-yoga.com">sarah@breathingspace-yoga.com</a> <a href="http://www.breathingspace-yoga.com">www.breathingspace-yoga.com</a>	9.30am-11.30am Totting Up (term time only) V Brand 07919 117412 <a href="mailto:victoriajanebrand@hotmail.com">victoriajanebrand@hotmail.com</a>
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 <a href="mailto:info@taichiforhealthincheshirecheshire.com">info@taichiforhealthincheshirecheshire.com</a>	10.45am-12.15pm Mambo Mamas Term time only Louisa Colligan 07970 223342 <a href="mailto:loucolly@yahoo.co.uk">loucolly@yahoo.co.uk</a>	2.00 pm – 4.00 pm Afternoon Tea 1 <sup>st</sup> Thursday Monthly All Welcome	11.45am-1.00pm (wef 08/09) Moo-Music Jenny McShane 07731 757420 <a href="mailto:jenniemoo@moo-music.co.uk">jenniemoo@moo-music.co.uk</a>
5.10 pm –7.50 pm Yoga in Cheshire T Cohen 07754 434350 <a href="mailto:tab@yogaincheshire.com">tab@yogaincheshire.com</a>	1.25 pm – 2.50 pm Yoga in Cheshire T Cohen 07754 434350 <a href="mailto:info@yogaincheshire.com">info@yogaincheshire.com</a>	1.30pm-3.00pm (term time only) Breathing Space Yoga Mum & Baby Yoga Sarah Clover 07977093373 <a href="mailto:sarah@breathingspace-yoga.com">sarah@breathingspace-yoga.com</a> <a href="http://www.breathingspace-yoga.com">www.breathingspace-yoga.com</a>	1.00 pm – 4.30 pm C & S W I 2 <sup>nd</sup> Thursday Monthly M Ashton 01606 883627 <a href="mailto:john@jashton.plus.com">john@jashton.plus.com</a>	6.10 pm – 7.50 pm Blue Dragon TaeKwon-Do Adults Cuddington Branch A Walkinshaw 07890 399964 <a href="mailto:al@bdtk.co.uk">al@bdtk.co.uk</a>
8.00 pm– 10.00pm Table Tennis Club (Sep –May) E Hulm 01606 883252 <a href="mailto:elainehulm@talktalk.net">elainehulm@talktalk.net</a>	5.45 pm – 7.30 pm (Term Time Only) 1 <sup>st</sup> Sandiway Brownies K Walker 07772 277115 <a href="mailto:Katie.sandiwaybrownies@gmail.com">Katie.sandiwaybrownies@gmail.com</a>	5.55 pm – 7.05 pm Blue Dragon TaeKwon-Do Children's Cuddington Branch A Walkinshaw 07890 399994 <a href="mailto:al@bdtk.co.uk">al@bdtk.co.uk</a>	5.00pm–6.00pm (term time only) Rainbows V Relf 07921 841280 <a href="mailto:Victoria.e.relf@gmail.com">Victoria.e.relf@gmail.com</a>	7.30 pm – 9.45 pm Mid-Cheshire Ornithological Society (MCOS). 2 <sup>nd</sup> Friday Monthly Oct – Apr H Fielding 01606 882529
	8.00pm-9.30pm Iyengar Yoga Class for Beginners Karen Brindle 01606 301793 07977 298991 <a href="mailto:Karenbyyoga@gmail.com">Karenbyyoga@gmail.com</a>	7.30 pm – 11.30 pm VHC Film Club 2 <sup>nd</sup> Wednesday monthly (winter only)	6.00pm–8.00pm (term time only) 3 <sup>rd</sup> Sandiway Brownies C Battersby 01606883769 <a href="mailto:Clare.battersby@btinternet.com">Clare.battersby@btinternet.com</a>	
			8.00pm-9.30pm General Iyengar Yoga Class Karen Brindle 01606 301793 07977 298991 <a href="mailto:Karenbyyoga@gmail.com">Karenbyyoga@gmail.com</a>	
	<b>SATURDAY</b>			
	<b>HALL</b>			
	9.25 am -12.50 pm B & G Ju Jitsu(Term time only) B Clewes 01606 551552 <a href="mailto:billclewes@aol.com">billclewes@aol.com</a>			

To book the hall please call 01606 888366 or 01606 888931

In Emergencies call 0750 193 4383