

REGULAR BOOKINGS (AS OF JAN 2026)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 19:15 YOGA	10:00 - 11:00 SEATED Chair Yoga	19:00 – 20:00 RELAXATION YOGA	9:30 – 12:30 Cass Café (1 <sup>ST</sup> THURSDAY ONLY)	9:30 – 10:30 RELAXATION YOGA		13:30 - 17:15 PRIVATE BOOKING (1 <sup>ST</sup> SUNDAY ONLY)
	13:00 – 15:00 TINIES AND TODDLERS GROUP		12:45 – 15:45 PRIVATE CHARITY BOOKING	12.00 – 14.00 COMMUNITY LUNCH (3 <sup>RD</sup> FRIDAY ONLY)		
			18:00 - 19.00 ZUMBA  19:30 – 21:00 PARISH COUNCIL PUBLIC (1 <sup>ST</sup> THURSDAY ONLY)	18.00 – 22.00 CASSINGTON CINEMA (2 <sup>ND</sup> FRI ONLY)		