

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  13:00 – 15:00 TINIES AND TODDLERS GROUP	19:00 – 20:00 RELAXATION YOGA	9:30 – 12:30 Cass Café (1 <sup>ST</sup> THURSDAY ONLY)  12:45 – 15:45 PRIVATE CHARITY BOOKING	9:30 – 10:30 RELAXATION YOGA  12.00 – 14.00 COMMUNITY LUNCH (3 <sup>RD</sup> FRIDAY ONLY)	18.00 – 22.00 CASSINGTON CINEMA (2 <sup>ND</sup> FRI ONLY)	13:30 - 17:15 PRIVATE BOOKING (1 <sup>ST</sup> SUNDAY ONLY)