

REGULAR BOOKINGS (AS OF OCT 2026)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12.00 – 13.00 PRIVATE BOOKING	10:00 - 11:00 SEATED Chair Yoga 13:00 – 15:00 TINIES AND TODDLERS GROUP		9:30 – 12:30 Cass Café (1 ST THURSDAY ONLY) 12:45 – 15:45 PRIVATE CHARITY BOOKING	9:30 – 10:30 RELAXATION YOGA 12.00 – 14.00 COMMUNITY LUNCH (3 RD FRIDAY ONLY)		13:30 - 17:15 PRIVATE BOOKING (1 ST SUNDAY ONLY)
18:00 - 19:15 YOGA	18:00-19:30 LIFE DRAWING (27/10 then every other Tuesday)	19:00 – 20:00 RELAXATION YOGA	18:00 - 19.00 ZUMBA 19:30 – 21:00 PARISH COUNCIL PUBLIC (1 ST THURSDAY ONLY)			