

## Trumpington Pavilion: Programme of Events | May 2024

Classes are weekly unless otherwise stated. The Pavilion is closed on Bank Holidays. Correct at time of printing. Booking essential. Please contact class providers for more information.

<b>Mondays</b>		
Forever Active Pilates	11:40am – 12:40am 12:45pm – 1:45pm	Visit: <a href="http://www.livingsport.co.uk">www.livingsport.co.uk</a> Email: <a href="mailto:foreveractive@livingsport.co.uk">foreveractive@livingsport.co.uk</a>
Grey Heron Internal Arts T'ai Chi	2:30pm – 3:30pm	Visit: <a href="http://www.grey-heron.com">www.grey-heron.com</a> Email: <a href="mailto:ghiacambridge@gmail.com">ghiacambridge@gmail.com</a>
Trumpington Stitchers	7pm – 9pm	Visit: <a href="http://www.trumpingtonstitchers.net">www.trumpingtonstitchers.net</a>
<b>Tuesdays</b>		
Women's Health and Wellbeing Session	21 <sup>st</sup> May 12pm – 2pm	Email: <a href="mailto:Luthfa.Khatun@cambridge.gov.uk">Luthfa.Khatun@cambridge.gov.uk</a> Phone: 07873220427
Vedanta Wellness Yoga	7pm – 8:15pm	Visit: <a href="http://www.vedantawellness.co.uk">www.vedantawellness.co.uk</a>
<b>Wednesdays</b>		
VIP Pensioners	8 <sup>th</sup> May 10:30am – 12pm	Email: <a href="mailto:TrumpingtonPavilion@cambridge.gov.uk">TrumpingtonPavilion@cambridge.gov.uk</a>
Memory Café	15 <sup>th</sup> May 10am – 12pm	Visit: <a href="http://www.trumpington.church">www.trumpington.church</a> Email: <a href="mailto:admin@trumpington.church">admin@trumpington.church</a>
Vedanta Wellness Yoga	7:30pm – 8:45pm	Visit: <a href="http://www.vedantawellness.co.uk">www.vedantawellness.co.uk</a>
<b>Thursdays</b>		
Romsey Mill Youth Club School Years 6-8 School Years 9-11	4:30pm – 6pm 6:30pm – 8pm	Phone Laura Kahlbaum: 07851310258
<b>Fridays</b>		
Trumpington Food Hub	12pm – 2pm	Email for more information and to volunteer: <a href="mailto:foodhub@trumpingtonresidentsassociation.org">foodhub@trumpingtonresidentsassociation.org</a>
Balkan Dance for Fitness	7pm – 8pm	Visit: <a href="http://www.balkandance.fitness">www.balkandance.fitness</a> Email: <a href="mailto:info@balkandance.fitness">info@balkandance.fitness</a>
<b>Saturdays</b>		
Connected Lives – Body, Mind, Connection	11 <sup>th</sup> May 10am – 11:30am	Email: <a href="mailto:helen.bell@connectedlives.org.uk">helen.bell@connectedlives.org.uk</a>