

## Trumpington Pavilion: Programme of Events | January 2025

Classes are weekly unless otherwise stated. The Pavilion is closed on Bank Holidays. Correct at time of printing.

Please contact class providers for more information.

<b>Mondays</b>		
Forever Active Pilates	11:40am – 12:40pm 12:45pm – 1:45pm	Visit: <a href="http://www.foreveractive.livingsport.co.uk">www.foreveractive.livingsport.co.uk</a> Email: <a href="mailto:foreveractive@livingsport.co.uk">foreveractive@livingsport.co.uk</a>
T'ai Chi – Grey Heron Internal Arts	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>
Forever Active Strength and Balance Class	3:45pm – 4:50pm	Visit: <a href="http://www.foreveractive.livingsport.co.uk">www.foreveractive.livingsport.co.uk</a> Email: <a href="mailto:foreveractive@livingsport.co.uk">foreveractive@livingsport.co.uk</a> Phone: 07432480105
Trumpington Stitchers	7pm – 9pm	Visit: <a href="http://www.trumpingtonstitchers.net">www.trumpingtonstitchers.net</a>
<b>Tuesdays</b>		
NEW: Zumba with Saori	1pm – 2pm	Email: <a href="mailto:saori.dbb@gmail.com">saori.dbb@gmail.com</a> Phone: 07308823481
Fairbrite Food Club Trumpington	4pm – 6pm	Email for more information and to volunteer: <a href="mailto:patrick.brown@ccfb.org.uk">patrick.brown@ccfb.org.uk</a>
Vedanta Wellness Yoga	7pm – 8:15pm	Visit: <a href="http://www.vedantawellness.co.uk">www.vedantawellness.co.uk</a> Email: <a href="mailto:info@vedantawellness.co.uk">info@vedantawellness.co.uk</a>
<b>Wednesdays</b>		
Greater Cambridge Joint Local Plan and Engagement Event	7 <sup>th</sup> January 4:30pm – 7pm	Drop-in event to learn more about plans for the local area. All are welcome!
VIP's-Very Important Persons: Simply chat, tea and cake	14 <sup>th</sup> January 10:30am – 13:30pm	All welcome! No booking necessary. Email: <a href="mailto:CommunityEngagement@bpha.org.uk">CommunityEngagement@bpha.org.uk</a>
Memory Café	21 <sup>st</sup> January 10am – 1pm	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> Email: <a href="mailto:info@vedantawellness.co.uk">info@vedantawellness.co.uk</a>
<b>Thursdays</b>		
Singing Mamas with Sally	10:30am – 12pm	Visit: <a href="http://www.singingmamas.org">www.singingmamas.org</a> Email: <a href="mailto:singingmamaswithsally@outlook.com">singingmamaswithsally@outlook.com</a>
Romsey Mill Youth Club School Years 5 & 6 School Years 7 & 8 School Years 9+	4:30pm – 5:30pm 5:45pm – 7:15pm 7:30pm – 8:30pm	Phone Laura Kahlbaum: 07851310258 Email: <a href="mailto:laura.kahlbaum@romseymill.org">laura.kahlbaum@romseymill.org</a>
<b>Fridays</b>		
Fairbrite Food Club Trumpington	11:30am – 1:30pm	Social Supermarket open 12pm-1:30pm with a free café available from 11:30am. Email for more information and to volunteer: <a href="mailto:patrick.brown@ccfb.org.uk">patrick.brown@ccfb.org.uk</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>		
Being the Hands – Body Mind Connection	24 <sup>th</sup> January 10am – 11:30am	Email: <a href="mailto:helen@beingthehands.co.uk">helen@beingthehands.co.uk</a>
Blue Art Land – Mosaic Workshop	17 <sup>th</sup> January 2:30pm-5:30pm	Book a place: <a href="http://www.blueartland.com/products/mosaic-lamp-workshop-craft-course-cambridge">www.blueartland.com/products/mosaic-lamp-workshop-craft-course-cambridge</a> Email: <a href="mailto:info@blueartland.com">info@blueartland.com</a>