

## 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.

Mondays		
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>
Tuesdays		
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>
Wednesdays		
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>
Thursdays		
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>
Fridays		
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>
Saturdays		
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>