

## Trumpington Pavilion: Programme of Events | July 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> Phone: 07432480105
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>
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		
Fairbite Food Club Trumpington	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 29 <sup>th</sup> July 12pm – 1:30pm	Email for more information and to volunteer: <a href="mailto:patrick.brown@ccfb.org.uk">patrick.brown@ccfb.org.uk</a>
Women's Health and Wellbeing Session	22 <sup>nd</sup> July 12pm – 2pm	All women welcome! No booking necessary. 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> Email: <a href="mailto:info@vedantawellness.co.uk">info@vedantawellness.co.uk</a>
Wednesdays		
VIP's-Very Important Persons: Simply chat, tea and cake	9 <sup>th</sup> July 10:30am – 12:30pm	All welcome! No booking necessary. Email: <a href="mailto:CommunityEngagement@bpha.org.uk">CommunityEngagement@bpha.org.uk</a>
Memory Café	16 <sup>th</sup> July 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	3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup> July 10:30am-12noon	Email: <a href="mailto:singingmamaswithsally@outlook.com">singingmamaswithsally@outlook.com</a> Visit: <a href="http://www.singingmamas.org">www.singingmamas.org</a>
HealthyYou – FAME Falls Prevention service	1pm – 4pm	Visit: <a href="https://healthyyou.org.uk">https://healthyyou.org.uk</a> Phone: 0333 005 0093
Romsey Mill Youth Club School Years 6-8 School Years 9-11	4:30pm – 6pm 6:30pm – 8pm	Phone Laura Kahlbaum: 07851310258
Fridays		
Fairbite 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		
Connected Lives – BodyMindConnection	12 <sup>th</sup> July 10am – 11:30am	Email: <a href="mailto:helen.bell@connectedlives.org.uk">helen.bell@connectedlives.org.uk</a> Visit: <a href="http://www.connectedlives.org.uk/body-mind-connection">www.connectedlives.org.uk/body-mind-connection</a>