

Day	Morning	Afternoon	Evening
Sunday			
Main Hall		Canaan Church	
Church Hall	Sunday Morning Worship	Canaan Church	
Monday			
Main Hall	Yoga		Karate
Church Hall	Diddi Dance		
Tuesday			
Main Hall			
Church Hall			CA Meeting
Wednesday			
Main Hall			Karate, followed by Greek Dancing
Church Hall	Coffee Morning	Food Pantry	WI (second Wednesdays)
Thursday			
Main Hall	Medau	Keep Fit	Brownies/Guides
Church Hall			Gospel Choir
Friday			
Main Hall	Baby Ballet		Rainbows
Church Hall			Potters Bar Town Band
Saturday			
Main Hall	10th Goffs Oak Guides (first Saturday) Bouncing Bears (occasional)		