



St Werburghs
Community Centre

OCTOBER
EDITION

TIMETABLE

MONDAY

- 09.30 - 10.30 **Hatha Yoga with Gladey** £10 per class, please book in advance on 07505 353390
Or email yogagladey@gmail.com Please bring your own mat
- 10:00 - 16:30 **FREE Easy PC** Free computer help one-to-one sessions, call 0117 955 1351
- 11:00 -13:00 **Khaas Yoga for Women** khaas_bristol@yahoo.co.uk or 0117 955 4070
- 17:00 - 20:00 **Industry of Dance elite dance** class Age 12+. Contact sophiemgigg@yahoo.com 07494392409
- 18:30 - 20:00 **Yoga of the Heart** Contact Sue admin@suepeggsyoga.co.uk or 07505403649
- 19:00 - 20:00 **Women's Kickboxing (Bristol Wutan)** Beginners most welcome £5 for 1 hour.
Contact 0775 958 3688 (Sarah) or email seniorinstructor@bristol-wutan.co.uk
- 19:00 - 20:15 **Vinyasa Flow Yoga with Lena Grace** £10 drop-in/£43 bundle of 5, conc £8 Contact 07786832884
- 20:00 - 21:30 **Beginners Kung Fu , Bristol Wutan** Men/Women £6 seniorinstructor@bristol-wutan.co.uk
- 20:15 - 21:15 **Yoga Rebel with Chrys and Mel** A playful and dynamic yoga class suitable for advancing or intermediate yogis. Bring your own mat. Through moveGB: Search for yoga with Chrys_Struggling financially? Contact us.

TUESDAY

- 10.30 - 11.30 **Yoga with Carolyn Postnatal Yoga & Baby Class** Termly booking available for this term time course.
hello@yogawithcarolyn.co.uk
- 15:45 - 16:30 **Taekwon-Do Little Tiger Cubs** Weekly martial arts for 3-5 year olds, call 07870 683756
- 15:45 - 18:15 **Ashley Down Kumon Study Centre** Contact 07920042020 or email ashleydown@kumoncentre.co.uk
- 16:30 - 17.30 **UK Taekwon-Do Council** Weekly fitness and self defence classes for children 5 years+
To book your FREE trial lesson visit www.uktc.co.uk or phone 01786845060
- 19:00 - 20:30 **Aikido Bristol Ryushinkan** email james.ladyman@bristol.ac.uk
- 18:30—19:45 **Prenatal Yoga support circle** to book email marinellabenelli@gmail.com
- 19:15 - 20:15 **Shakti Womens Yoga with Gladey** For women of all ages inc. teenagers, pregnant ladies & grandmothers.
£10 /£8 per class. Please bring own mat. Booking essential. gladeyrowan@yahoo.co.uk or 0750 535 3390

WEDNESDAY

- 10:00 - 11:45 **St Werbees Stay & Play** 0-5 parent/carer led play group. Spaces are limited & you need to book in advance
call 0117 955 1351 office@stwerburghs.org.uk Suggested Donation £1 per child
- 11:00 - 13:00 **Khaas Yoga for Women** khaas_bristol@yahoo.co.uk or 0117 955 4070
- 18:00 - 19:00 **Hatha flow with Lumina Yoga** luminakemp@gmail.com 07932 728311 £10 class £35 4 week block
- 18:00 - 19:00 **Marianne Swift Yoga** Hatha Flow Yoga contact marianne776@hotmail.com call 07421 81943
- 18:00 -20:30 **Afi Dance Class with Norman Stephenson** rubbaafidance@gmail.com 07957 310415
- 18:30 - 20:00 **Essential Tai Chi** with Dennison Joseph. Contact 0117 951 8119
- 19:45 - 22:00 **Jump Start Jazz** Contact 07956459342 or thepianosings@gmail.com every 2 weeks
- 19:30 - 21:30 **Yoga with Seanie** Contact 07796342694, Instagram: SeanielouiseYoga, returning in September



St Werburghs
Community Centre



THURSDAY

- 09:45 - 13:00 **Sing & Sign** Contact katherineamor@singandsign.co.uk
- 10:00 - 15:00 **FREE Raking & Baking** Healthy cooking & community gardening 7-week courses. Contact 0117 955 1351 or email office@stwerburghs.org.uk
- 10:45 - 12:00 **Rock the Tots** Monthly gigs for little people! Head to website for more in <https://www.rockthetots.co.uk/>
- 11:00 - 12:00 **Golden Oldies Monthly Singing Group** (from Sept TBC) <https://www.golden-oldies.org.uk/>
- 18:00 - 19:00 **Yoga with Lioba** Contact liobadevi@gmail.com or 0772 218 7791 Drop in £9, £6 conc.
- 19:00 - 20:30 **West African Dance Advanced** Contact dancingbatch@yahoo.co.uk (Running until end of October)
- 19:00 - 20:00 **AA Steps to Freedom** Drop in sessions. Contact marcusleerockey@gmail.com
- 19:30 - 20:30 **Shakti Womens Yoga with Gladey** For women of all ages inc. teenagers, pregnant ladies & grandmothers. £10 per class. Please bring own mat. Booking essential. Contact yogagladey@gmail.com or 0750 535 3390

FRIDAY

- 10:00 - 12:15 **Parent & Toddler Yoga with Jess** Contact jessicavandelft@outlook.com
- 13:00 - 15:00 **£3 contribution Tai Chi classes for over 50's with Dennison.** Contact us on 0117 955 1351
- 15:45 - 18:15 **Ashley Down Kumon Study Centre** Contact 07920042020 or email ashleydown@kumoncentre.co.uk
- 17:15 - 20:15 **Industry of Dance** Contact sophiemgigg@yahoo.com (until October 22nd)

SATURDAY

- 13:00 - 15:30 **4 Elements Monthly Graffiti workshop.** Special group rate when signing up as a family. Contact
- 09:30 - 10:15 **Impact Dance** Performance dance group for kids ages 3-6 years. Contact 07738446923
- 10:15 - 11:00 **Impact Dance** Performance dance group for kids ages 7-10 years
- 11:00 - 12:00 **Impact Dance** Performance dance group for kids ages 10-12-year-olds
- 10:00 - 14:00 **Learning Brains** Tutoring classes for inner-city children Contact info@learningbrains.co.uk
- 12:30 - 13:45 **Hope Dances** Contact hopeyoungerdances@gmail.com
- 13:30 - 15:30 **Bristol 4 Tibet** Teaching young Tibetans the language, music & traditions of our culture. Contact norzinwangmo25@gmail.com 07742102964

SUNDAY

- 09:00 - 12:00 **Kingsway International Christian Centre (KICC)** Contact Jeremiah on admin@kiccbristol.co.uk



St Werburghs Centre
A Community Venue for East Bristol
Horley Road, St Werburghs, Bristol BS2 9TJ
Managed by St Werburghs Community Association

T: 0117 955 1351
F: 0117 955 8144
E: office@stwerburghs.org.uk
www.stwerburghs.org.uk



Registered Charity No: 1074495
Company Limited by Guarantee No: 3713212
St Werburghs Centre is grant aided by Bristol City Council

