

Current Timetable

Last updated May 2017



Monday:

- 10:00-11:00 **Hatha Yoga with Gladey** Drop in £7 per session. Call 07505 353390
- 11:00-12:00 **Khaas Keep Fit Class for Women** Contact. khaas_bristol@yahoo.co.uk or 0117 955 4070
- 11:00-12:00 **Khaas Relaxation Therapies and Healthy Cooking for Carers** Contact 0117 955 4070
- 16:45-18:45 **Traditional Shaolin Martial Art School** Contact laszlo.theisz@gmail.com or 07507274027
- 17:30-18:30 **Lel Yoga Flow** Yoga for BSL users-£8 per session. Contact lel_lesleypender@yahoo.co.uk or 07791 521736
- 18:30-20:00 **Yoga of the Heart** Drop in £10 waged/ £6 benefits. If you book & pay for a block in advance the costs are £8/£5. Contact Sue or Sarah on peggs@blueyonder.co.uk or 0117 377 9638
- 18:45-20:00 **Ki Energy Class** Nanbudo body movement & active meditation. Contact 07825 431773
- 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
- 19:00-22:00 **Forró Bristol** Brazilian dance class. Contact 0117 951 6384 or forrobristol@gmail.com
- 19:15-20:15 **Vinyasa Flow Yoga with Gladey** Flowing yoga linking breathing & movement re-energise & relax £7 drop in. Contact gladeyrowan@yahoo.co.uk or 0750 535 3390
- 20:00-21:30 **Beginners Kung Fu (Bristol Wutan)** Men and Women £6 for 90 minutes.

Tuesday:

- 10:00-11:45 **NEW St Werbees Stay & Play** No need to book just pop in. Check FB page or call 07870 683756
- 10:00-12:00 **Dragonbird Theatre** Monthly early-years performance & play. 45 minute shows at 10am and 11:15am. £3 tickets: dragonbirdtheatre.co.uk
- 09:30-12:30 **NEW CV Writing with Mums4Work** Term time drop-in sessions, help with updating CV. Contact mums4work@outlook.com or 07498831330
- 10:00-11:00 **Louise Kennedy Yoga** £5/£6 Contact louyogagarden@btinternet.com or 0117 955 7621
- 10:30-16:30 **Easy PC** Free computer classes for over 50's / group and one to one, call 0117 955 1351
- 15:30-17:30 **Taekwon-Do Weekly** Taekwon-Do classes for 3-5 and 5+ year olds, call 07870 683756
- 19:00-21:00 **Alliance Française de Bristol** French classes, £13 per session. Contact info@afbristol.org.uk
- 19:15-20:45 **Wing Tsun with Jon Pepper** Kung Fu/Martial arts classes Contact 0796 719 6479 or jon@wingtsunkuen.co.uk
- 19:30-21:30 **NEW Jyfundu Dance** Pan-African inspired dance classes with live drumming. Contact Libby 07828033271

Wednesday:

- 10:00-14:00 **Khaas Sewing & Dress Design.** Contact khaas_bristol@yahoo.co.uk or 0117 955 4070
- 16:45-18:45 **Traditional Shaolin Martial Art School** laszlo.theisz@gmail.com or 07507274027
- 18:00-19:00 **Yoga of the Heart** £7 advance, £10 drop-in, taster £7. Contact Sarah 0798 594 8610
- 18:00-20:00 **Kingsway International Christian Centre** Contact 0117 955 0557
- 18:30-19:30 **Pilates with Becky Hopkins** Contact becky.pilates@gmail.com
- 18:30-20:00 **Essential Tai Chi** with Dennison Joseph. Contact 0117 951 8119
- 19:00-20:00 **Ahmadiyya Muslim Association** Daily prayers contact mnoman46@gmail.com or 07816315906
- 19:30-21:30 **Red Notes Socialist Choir** contact rednoteschoir@yahoo.co.uk
- 19:30-22:00 **Jump Start Jazz** Fortnightly improv jazz workshop £15. Contact: thepianosings@gmail.com

Rooms are available to hire, please contact us for prices & availability

St Werburghs Centre, Horley Road, St Werburghs, BS2 9TJ

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

W: stwerburghs.org.uk

Continued overleaf...

Current Timetable



Thursday:

- 10:00-15:00 **Raking & Baking Free cooking & gardening 8-week courses.** Contact 0117 955 1351 to book
- 10:00-11:00 **Dominique Picot Yoga** Yoga class. Contact dompicot1@gmail.com or 07799887743
- 11:15-12:15 **Dominique Picot Yoga Mum & baby yoga.** Starting 26th April
- 10:00-11:00 **Qigong £7** Contact Nicola on nicola.ley@gmail.com or 0117 987 9806
- 18:00-19:00 **Anahata Yoga with Lioba** Contact liobadevi@gmail.com or 0772 218 7791
- 18:45-20:15 **AA Steps to Freedom Drop in sessions.** Contact marcusleerockey@gmail.com
- 18:45-21:30 **NEW Permaculture Design Course** Learn a simple common-sense approach to creating healthy, sustainable and productive systems www.shiftbristol.org.uk
- 19:00-21:00 **NEW Bristol Drum & Bass Fitness** High intensity workout set to bangin' drum'n'bass. £8 per class / Move GB. Contact Kate 07598618917 or bristoldrumnbassworkout@gmail.com
- 19:00-21:00 **Alliance Française de Bristol** French classes £13 per session. Contact info@afbristol.org.uk
- 19:30-21:00 **Two Mountains Kung Fu** Traditional Kung Fu. Contact 0784 982 5319
- 19:30-21:00 **NEW Maracatu Dance** Learn dances inspired by Afro-Brazilian roots & perform with Afon Sistema at Bath Carnival Procession . Contact angelesdance@gmail.com. On Move GB.

Friday:

- 09:45-11:15 **Zumba with Jas** £5 a session. Contact zumbawithjas@email.com
- 13:00-14:30 **Ahmadiyya Muslim Association UK** Contact Noman on mnoman46@gmail.com
- 14:00-15:00 **Tai Chi classes for over 50's** with Dennison. £3 contribution. Contact us on 0117 955 1351
- 18:15-19:15 **Yoga with Gladey** Flowing yoga linking breathing & movement re-energise & relax. £7 drop in. Contact gladeyrowan@yahoo.co.uk or 0750 535 3390
- 18:15-19:15 **NEW Lola's Fitness Classes** to tone up your body whilst having fun. Contact Lola 07727588543 or lolahfitnessuk@outlook.com

Saturday:

- 09:30-10:00 **NEW Impact Dance** Performance dance group for kids ages 3-6 years. Contact 01225 782600
- 10:30-11:30 **Anglo-Iranian Society Farsi classes.** Contact jasminesaidi@yahoo.co.uk
- 15:00-16:00 **Awakening to the Aquarian Age kundalini yoga** Contact inderkaursingh@blueyonder.co.uk
- 19:00-21:00 **Bristol West Indian Parents & Friends Association** (Monthly Meetings)

Sunday:

- 09:00-13:00 **Kingsway International Christian Centre** Contact 0117 955 0557

PLUS

* Leigh Court Farm Veg Box Scheme delivered to the Centre every Thursday mail@leighcourt.co.uk

* Real Economy Food Club an online food co-operative, alternative system to supermarkets.
Collection point at St Werburghs Centre Thursday afternoons info@realeconomy.co.uk

* Bristol Birth Collective FREE monthly group (third Friday of every month 7-9pm) for expectant and newly birthed parents offering birth education & support www.wayofthekoi.com

* NCT Capacity antenatal sessions irregular Tuesdays, Wednesdays & Saturdays capacity3e@nct.org.uk



2010



2013



2016

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



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

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

