

# The St Werburghs Centre Current Timetable – October 08

## **Mondays:**

- 18:00 – 19:30 Yoga of the Heart (Term time only) – need to book
- 19:45 – 21:00 Yoga of the Heart (Term time only) – need to book
- 18:30 – 19:30 Astanga Yoga – beginners
- 18:30 – 20:00 Christ Embassy
- 19:45 – 21:15 Astanga Yoga – intermediate
- 19:00 – 21:00 Silver Jewellery Course – need to book
- 19:15 – 21:15 Helen Joce (Junction 3 Chorus) – community vocal group

## **Tuesdays:**

- 10:15 – 12:00 Single Parents Action Network (SPAN) – Yoga class
- 17:00 – 20:30 Hi-Road Studios
- 18:15 – 19:45 Yoga of the Heart – need to book
- 18:30 – 20:00 Christ Embassy
- 20:00 – 21:30 Bristol GOJU RYU Karate
- 19:30 – 21:00 Narcotics Anonymous
- 20:00 – 21:30 Belly Dancing
- 20:30 – 23:00 South Western Domino League – monthly meetings

## **Wednesdays:**

- 12:30 – 15:45 Choices for Learning – Classes in cookery, learning + leisure for people with learning difficulties
- 16:30 – 18:00 Silver Jewellery Course – need to book
- 17:45 – 19:15 Brownies (Term time only)
- 18:30 – 20:00 Essential Tai Chi
- 19:00 – 21:00 Silver Jewellery Course – need to book
- 19:30 – 21:30 Red Notes (Socialist Choir)
- 20:00 – 21:30 Iyengar Yoga
- 20:15 – 21:45 Astanga Yoga

## **Thursdays:**

- 09:30 – 12:30 Cookery for Absolute Beginners – suitable for adults with learning difficulties
- 17:00 – 20:30 Hi-Road Studios
- 17:00 – 21:00 National Autistic Society – Play scheme
- 18:15 – 20:15 Salsa Dance class
- 18:45 – 20:15 Alcoholics Anonymous
- 20:30 – 22:00 Bristol Taiji

## **Fridays:**

- 09:30 – 12:30 Computers for Beginners: IT Training – SWCC UK Online Courses
- 10:00 – 13:00 Women's Quran class
- 10:00 – 13:00 Celebration cookery - for adults with learning difficulties (Term Time only)
- 13:00 – 14:00 Ahmadiyya Muslim Association UK
- 18:00 – 20:00 Akumapa Dance Ensemble – drum + dance for fitness
- 19:00 – 22:00 Phoenix West Indian Cricket Club (PWICC) – monthly meetings
- 19:30 – 21:30 Essential Tai Chi

## **Saturdays:**

- 10:00 – 12:00 St Werburghs Community Bike Scheme – **Closed until further funding received**
- 10:00 – 15:00 Bristol Church of God 7<sup>th</sup> Day – Alternate weeks
- 19:30 – 21:00 Bristol West Indian Parents & Friends Association (monthly meetings)
- 19:30 – 21:00 Barbados & Caribbean Friends Association (bi-monthly meetings)

## **Sundays:**

- 17:00 – 21:00 South Western Domino League meetings

**We have 8 open access computers available for public use with free internet access in the lobby**

**For more information on any of the above, please ask centre staff at  
St Werburghs Community Centre, Horley Rd, St Werburghs, Bristol BS2 9TJ  
Tel: 0117 955 1351 email: [office@stwerburghs.org.uk](mailto:office@stwerburghs.org.uk)  
Website: [www.stwerburghs.org.uk](http://www.stwerburghs.org.uk)**