

Current Timetable

Last updated May 2018



Monday:

- 07:15 - 08:15 **Katie Brigstock Yoga** For more info contact katiebrigstock@gmail.com
- 10:00 - 12:00 **Smash the Patriarchy Playgroup** nataliebennett1985@outlook.com
- 10:00 - 11:00 **Hatha Yoga with Gladey** Drop in £7 per session. Call 07505 353390
- 11:00 - 12:00 **Khaas Keep Fit for Women** khaas_bristol@yahoo.co.uk or 0117 955 4070
- 11:00 - 12:00 **Khaas Relaxation Therapies and Healthy Cooking for Carers** 0117955 4070
- 14:00 - 15:00 **Re-stack Pilates** Post-natal pilates for mum & baby. restackpilates@gmail.com
- 16:45 - 18:45 **Brain up Abacus Maths**, children tuition Contact: 0117 2510118
- 16:45 - 18:45 **Traditional Shaolin Martial Art School** Contact laszlo.theisz@gmail.com or
- 18:30 - 20:00 **Yoga of the Heart** 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 - 20:00 **Vinyasa Flow Yoga with Lena Grace** £7 drop-in/£30 block of 6. Contact 07786832884
- 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.
- 20:15 - 21:15 **Yoga Flow & Restore with Seanie** Contact: seaniesmith@live.co.uk

Tuesday:

- 10:00 - 11:45 **FREE St Werbees Stay & Play** No need to book just pop in. Check FB page or call 0117 955 1351
- 10:00 - 12:00 **Dragonbird Theatre** Monthly early-years performance & play. 45 minute shows at 10am and 11:15am. £3 tickets: dragonbirdtheatre.co.uk
- 10:00 - 11:00 **Louise Kennedy Yoga** £5/£6 Contact louyogagarden@btinternet.com or 0117 955 7621
- 10:00 - 16:30 **FREE Easy PC** Free computer classes / group and one-to-one sessions, call 0117 955 1351
- 15:45 - 16:30 **Taekwon-Do Little Tiger Cubs** Weekly martial arts for 3-5 year olds, call 07870 683756
- 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
- 16:00 - 17:00 **NEW Beatbox Workshop** Beatbox techniques for children. £5. Call Jack on 078428 19929
- 17:30 - 18:30 **The Healing Space Yoga** Asana Yoga chanting, guided meditation. Donations. Rm 12.
- 18:00 - 19:00 **Yoga with Caroline** Let's Flow Yoga Contact: yogawithcarolynbristol@gmail.com 07901 680854
- 18:30 - 20:30 **Life Drawing** 10 week course starts 17th April £60/£80. Contact Beki 07931561911 /
beki@lifedrawingbristol.co.uk
- 19:00—20:00 **Shakti Womens Yoga with Gladey** For women of all ages inc. teenagers, pregnant ladies & grand-mothers. £5-7 or on MoveGB. Contact gladeyrowan@yahoo.co.uk or 0750 535 3390
- 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
- 19:30 - 20:30 **Jyfundu Dance** Pan-African inspired dance classes & live drumming. Contact Libby 07828033271

Wednesday:

- 08:45—09:45 **Katie Brigstock Yoga** For more info contact katiebrigstock@gmail.com
- 10:30 - 12:30 **Khaas ESOL Course** Beginners ESOL. Contact khaas_bristol@yahoo.co.uk or 0117 955 4070
- 10:30 - 14:00 **Khaas Sewing Course** Beginners ESOL. Contact khaas_bristol@yahoo.co.uk or 0117 955 4070
- 16:30 - 17:30 **NEW Creative Dance For Boys** Dance, play, improvisation, story-making & game playing for boys ages 5-10 years. Contact Murilo 07792739294 / muriloleite@hotmail.co.uk
- 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 Jeremiah on admin@kicbristol.co.uk
- 19:00 - 20:00 **NEW Beatbox Workshop** Beatbox techniques for adults £5. Call Jack on 078428 19929

Current Timetable



Wed Continued

- 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 - 21:00 Sewing Class Dressmaking & sewing skills. Contact Daisy 07737 111719
19:30 - 21:30 RedNotes Socialist Choir contact rednoteschoir@yahoo.co.uk
19:30 - 22:00 Jump Start Jazz Fortnightly improv. jazz workshop £15 Contact: thepian-osngs@gmail.com

Thursday:

- 09:30 - 12:30 Level 2 Award in Employability Skills Contact 0117 955 4070 or email khaas_bristol@yahoo.co.uk
10:00 - 15:00 **FREE** Raking & Baking Healthy cooking & community gardening 8-week courses. Contact 0117 955 1351 or email office@stwerburghs.org.uk
10:00 - 11:00 Qigong £7 Contact Nicola on nicola.ley@gmail.com or 0117 987 9806
10:00 - 11:00 Yoga with Carolyn Flow Yoga –Hatha & Vinyasa styles £7 / MoveGB, contact: yogawithcarolynbristol@gmail.com
18:00 - 19:00 Anahata Yoga with Lioba Contact liobadevi@gmail.com or 0772 218 7791
19:00 - 20:00 AA Steps to Freedom Drop in sessions. Contact marcusleerockey@gmail.com
19:00 - 20:00 Drum 'N' Bass Fitness £8/MoveGB. 07598 618917 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
20:30 - 21:30 Yoga with Kate Contact 07830072768 / goat8kate@yahoo.co.uk

Friday:

- 09:45 - 11:15 Zumba with Jas Women's dance fitness £5 a session. Contact zumbawithjas@email.com
10:00 - 12:00 Parent & Pre-schooler Yoga with Carolyn Term-time Parent & Child Yoga for 2-4yrs. Explore yoga with play & stories. Contact: yogawithcarolynbristol@gmail.com or 07901 680854
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

Saturday:

- 09:30 - 11:00 Impact Dance Performance dance group for kids ages 3-6 years. Contact 07738446923
10:00 - 12:00 Jingshen Healing Arts Traditional Yang style Tai Chi focusing on internal cultivation. All level welcome. On MoveGB or contact rolandlewis@me.com / 01225 430519
11:00 - 12:00 Yoga Flow with Seanie Saturday morning yoga class. Contact 07796342694
13:30 - 15:30 Bristol 4 Tibet Teaching young Tibetans the language, music & traditions of our culture. Contact milasherab@hotmail.com / 07769914779
19:00 - 21:00 Bristol West Indian Parents & Friends Association (Monthly Meetings)

Sunday:

- 09:00 - 13:00 Kingsway International Christian Centre Contact Jeremiah on admin@kiccbristol.co.uk
14:00 - 15:00 New Works Ballet Theatre Ballet for adults. Contact nwbtbristol@hotmail.com
14:00 - 17:00 Stepping Out Theatre Contact info@steppingouttheatre.co.uk
17:00 - 18:00 Community Yoga Class Contact 07835813910 / elenabyers@hotmail.co.uk

WHAT'S ON IN WERBURGHs?

* Real Economy Food Co-op an online food co-operative, alternative system to supermarkets. Collection point

at St Werburghs Centre Thursday afternoons info@realeconomy.co.uk



2010



2013



2016



Funded by

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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

