

# Current Timetable

Last updated April 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:seniorinstructor@bristol-wutan.co.uk)
- 19:00-22:00 **Forró Bristol** Brazilian dance class. Contact 0117 951 6384 or [forrobristol@gmail.com](mailto: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](mailto: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:

- 09:00-13:00 **NEW St Werbees Stay & Play** No need to book just pop in. Check FB page or call 07870 683756
- 09:00-13:00 **Dragonbird Theatre** £5/£6 Monthly early-years performance & play. 45 mins: £4 adult / £2 child. Tickets: [dragonbirdtheatre.co.uk](http://dragonbirdtheatre.co.uk) or call 07970 260034 / 07779 992616
- 09:30-12:30 **NEW CV Writing with Mums4Work** Term time drop-in sessions, help with updating CV. Contact [mums4work@outlook.com](mailto:mums4work@outlook.com) or 07498831330
- 10:00-11:00 **Louise Kennedy Yoga** £5/£6 Contact [louyogagarden@btinternet.com](mailto: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](mailto: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](mailto: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](mailto:khaas_bristol@yahoo.co.uk) or 0117 955 4070
- 16:45-18:45 **Traditional Shaolin Martial Art School** [laszlo.theisz@gmail.com](mailto: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](mailto: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](mailto:mnoman46@gmail.com) or 07816315906
- 19:30-21:30 **Red Notes Socialist Choir** contact [rednoteschoir@yahoo.co.uk](mailto:rednoteschoir@yahoo.co.uk)
- 19:30-22:00 **Jump Start Jazz** Fortnightly improv jazz workshop £15. Contact: [thepianosings@gmail.com](mailto: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](mailto:office@stwerburghs.org.uk)

W: [stwerburghs.org.uk](http://stwerburghs.org.uk)

Continued overleaf...

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## 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](mailto: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](mailto:nicola.ley@gmail.com) or 0117 987 9806
- 18:00-19:00 **Anahata Yoga with Lioba** Contact [liobadevi@gmail.com](mailto:liobadevi@gmail.com) or 0772 218 7791
- 18:45-20:15 **AA Steps to Freedom Drop in sessions.** Contact [marcusleerockey@gmail.com](mailto: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](http://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](mailto:bristoldrumnbassworkout@gmail.com)
- 19:00-21:00 **Alliance Française de Bristol** French classes £13 per session. Contact [info@afbristol.org.uk](mailto: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](mailto:angelesdance@gmail.com). On Move GB.

## Friday:

- 09:45-11:15 **Zumba with Jas** £5 a session. Contact [zumbawithjas@email.com](mailto:zumbawithjas@email.com)
- 13:00-14:30 **Ahmadiyya Muslim Association UK** Contact Noman on [mnoman46@gmail.com](mailto: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](mailto: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](mailto: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](mailto:jasminesaidi@yahoo.co.uk)
- 15:00-16:00 **Awakening to the Aquarian Age kundalini yoga** Contact [inderkaursingh@blueyonder.co.uk](mailto: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](mailto: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](mailto: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](http://www.wayofthekoi.com)

\* NCT Capacity antenatal sessions irregular Tuesdays, Wednesdays & Saturdays [capacity3e@nct.org.uk](mailto: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

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F: 0117 955 8144  
E: [office@stwerburghs.org.uk](mailto:office@stwerburghs.org.uk)  
[www.stwerburghs.org.uk](http://www.stwerburghs.org.uk)

