

Current Timetable

Last updated June 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 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
- 16:45 - 18:45 **Traditional Shaolin Martial Art School** Contact laszlo.theisz@gmail.com or
- 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
- 19:15 - 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
- 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 / group and one-to-one sessions, call 0117 955 1351
- 15:45 - 16:30 **NEW 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
- 19:00 - 21:00 **Alliance Française de Bristol** French classes, £13 per session. Contact info@afbristol.org.uk
- 19:00 - 21:00 **NEW Life Drawing** Five week course June-July £40/£35. Contact Beki to book and for more on daytime and evening classes starting September. 07931561911. beki@lifedrawingbristol.co.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:

- 10:30 - 13:30 **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 Community Centre, Horley Road, St Werburghs, Bristol, BS2 9TJ

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

W: www.stwerburghs.org.uk

Continued overleaf...

Current Timetable



Thursday:

- 10:00 - 15:00 **Raking & Baking** Free cooking & gardening 8-week courses. Contact 0117 955 1351 or email office@stwerburghs.org.uk
- 10:00 - 12.30 **NEW FREE Sewing Social Course** with WEA Contact Wendy 07557544876
- 10:00 - 11:00 **Dominique Picot Yoga** Hatha yoga class. Contact dompicot1@gmail.com or 07799887743
- 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 **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

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
- 14:00 - 17:00 **Stepping Out Theatre** Contact info@steppingouttheatre.co.uk
- 18.30 - 19.00 **Ahmadiyya Muslim Association UK** Contact Noman on mnoman46@gmail.com

Can you Help? * Saturday 24th June 2017 *** (9am to 4pm): [Volunteer Gardening Day #3](#).**
To book a place contact us on 01179551351 or e-mail on office@stwerburghs.org.uk

- * **Free** English language courses ESOL with WEA **starting in September 2017. Book your assessment test now!**
 - * **Free** Confidence building for Employment Course with WEA 4 weeks Thursdays 10—12.30 starting 6th July 2017.
 - * **Free WEA Employability Workshop** Wednesday 5th July 10 am to 1 pm with lunch provided.
- For all three book your place at our reception, by phone on 0117 955 1351 or by e-mail: office@stwerburghs.org.uk
- * **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
 - * **NCT Capacity antenatal sessions irregular Tuesdays, Wednesdays & Saturdays** capacity3e@nct.org.uk
 - * **NLP Neuro Linguistic Programming Courses** at **weekends throughout the year** bristolnlp@yahoo.co.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

