

Current Timetable

Last updated January 2018



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
- 14:00 - 15:00 **NEW Re-stack Pilates** Post-natal pilates for mum & baby. restackpilates@gmail.com
- 16:45 - 18:45 **Traditional Shaolin Martial Art School** Contact laszlo.theisz@gmail.com or
- 18:00 - 19:00 **NEW Yoga with Koren** Yin Yoga is a simple, quiet meditative practice. Contact **07709167562**
- 18:30 - 20:00 **Yoga of the Heart** Drop in £10 waged/ £6 benefits. Book a block in advance for £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 - 20:30 **Vinyasa Flow Yoga with Lena Grace** Yoga to increase strength, flexibility, poise & focus leaving you energised & relaxed. £7 drop-in/£24 block of 4. 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.

Tuesday:

- 10:00 - 11:45 **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
- 10:30 - 16:30 **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
- 16:30 - 17:30 **NEW The Healing Space Yoga** Asana Yoga chanting, guided meditation. Donations. Rm 12.
- 18:30 - 20:30 **Yoga of the Heart** Drop in £10 waged/ £6 benefits. Book a block in advance for **Life Drawing** Ten week course starts 16th Jan £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 & grandmothers. £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 - 21:30 **Jyfundu Dance** Pan-African inspired dance classes with live drumming. Contact Libby

Wednesday: 07828033271

- 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
- 16:45 - 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

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

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Thursday:

- 09:30 - 12:30 **Level 2 Award in Employability Skills Course** in career planning, job applications & time management in the workplace. 8 weeks starting 14/09/17
Contact 0117 955 4070 or email khaas_bristol@yahoo.co.uk
- 10:00 - 15:00 **Raking & Baking Free cooking & 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
- 18:00 - 19:15 **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
- 19:00 - 20:00 **Drum 'N' Bass Fitness High intensity workout set to bangin' drum'n'bass.** £8 / MoveGB. Contact Kate: 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** £5 a session. Contact zumbawithjas@email.com
- 10:45 - 11:25 **NEW Yoga with Carolyn Parent & Child Yoga for 2-4yrs.** 6 week course starts 5th Jan £24 /£5 drop in (if space). To book contact yogawithcarolynbristol@gmail.com or 07901 680854.
- 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
- 18:00 - 19:00 **NEW Spanish classes for beginners** 5 weeks for £35. Contact Laura on 07778 093608
- 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
- 13:30 - 15:30 **NEW 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 0117 955 0557
- 14:00 - 15:00 **NEW 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 **NEW Community Yoga Class** Contact 07835813910 / elenabyers@hotmail.co.uk
- 18.30 - 19.00 **Ahmadiyya Muslim Association UK** Contact Noman on mnoman46@gmail.com

WHAT'S ON IN WERBURGHs THIS DECEMBER?

- * St Werburghs Christmas Market 4pm - 8pm Friday 8th December Stalls, music, food & drink
- * 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



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

