

St Werburghs Community Centre

Timetable - Spring 2024



We recommend contacting class providers in advance to check their sessions are running.

Monday	
9.30am - 10.30am	Hatha Yoga with Gladey. £10 per class. Contact 07505 353390 or gladeyrowan@yahoo.co.uk
10.00am - 12.00pm	Khaas Healthy Eating & Lifestyle Sessions. Booking essential (service users only) http://www.khaas.co.uk
10.00am - 11.00am	Yoga For Parents & Carers SEND. £5 / FREE 0117 955 1351 office@stwerburghs.org.uk
10.30am - 4.30pm	FREE Easy PC computer help. One-to-one and group sessions. Contact 0117 955 1351.
11.00am - 12.00pm	Khaas Womens Fitness. Booking essential (Khaas service users only) via http://www.khaas.co.uk
4.15pm - 8.15pm	Industry of Dance Elite Dance. Class Age 12+. Contact 07494 392409 or sophiemgigg@yahoo.com
6.00pm - 7.00pm	Unfurl & Unwind: Krama Vinyasa Yoga with Matthew. Contact 07759557804 or matthewjyoga@gmail.com
7.00pm - 8.00pm	Women's Kickboxing - Bristol Wutan. £8.50. Contact 07759 583688 or seniorinstructor@bristolwutan.co.uk
7.00pm - 9.00pm	Alliance Française de Bristol Learn French with the French. Contact 07903 821655 or www.afbristol.org.uk
7.30pm - 9.30pm	Capoira Angola Bristol. Beginners deal £20 per month or £10 drop in contact. Bob 07734038837.
8.00pm - 9.30pm	Beginners Kung Fu - Bristol Wutan. £10.00. Contact 0775 9583688 or seniorinstructor@bristol-wutan.co.uk

Tuesday	
9.15am - 10.15am	Petits Zouzous Children's French Language and Musical Play Group. Contact info@petitszouzous.com
10.30am - 11.30am	Mama Yoga. Postnatal Yoga & Baby Class. £12. hello@yogawithcarolyn.co.uk or www.yogawithcarolyn.co.uk
2.00pm - 4.00pm	FREE Art Club. A participant-led club for over 50s. Contact 0117 955 1351 or office@stwerburghs.org.uk
3.45pm - 4.30pm	Taekwon-Do Little Tiger Cubs Martial arts for 3-5 year olds. Contact 07870 683756.
4.30pm - 5.30pm	UK Taekwon-Do Council Children's Fitness & Self-Defence. Age 5+ 01786 845060 or www.uktc.co.uk
6.00pm - 7.00pm	Empower Pilates. Mat Pilates. All Levels. Contact to book www.empower-pilates.co.uk
7.00pm - 9.00pm	Alliance Française de Bristol Learn French with the French. Contact 07903 821655 or www.afbristol.org.uk
7.00pm - 8.30pm	Aikido Bristol Ryushinkan. Contact james.ladyman@bristol.ac.uk
7.15pm - 8.15pm	Shakti Yoga For Women Of All Ages & In Pregnancy. £10 or pay what you can. yogagladey@gmail.com

Wednesday	
10.00am - 1.00pm	Khaas Sewing Group. Booking essential (Khaas service users only) via http://www.khaas.co.uk
5.00pm - 8.00pm	Reparations Art & Crafts for 11-16 year olds of African & Caribbean descent. reparationsbristol@gmail.com
5.45pm - 7.45pm	Latinas in Bristol: Art & Gossip. Contact bristol.latinas@gmail.com
6.15pm - 7.15pm	Beginner Hatha Yoga. Pay what you can £8 - £10. moovewithmal@gmail.com https://linktr.ee/moovewithmal
6.30pm - 8.00pm	Essential Tai Chi with Dennison Joseph. Drop in. Contact 0117 951 8119. office@stwerburghs.org.uk
6.30pm - 7.30pm	LGBTQIA+ with Yogaloni. yogalonibristol@gmail.com 07743761252
7.15pm - 8.15pm	Alliance Française de Bristol Learn French with the French. Contact 07903 821655 or www.afbristol.org.uk
8.15pm - 10.00pm	Cuban Salsa Class with Alain Hernandez. Contact 07976813877

Thursday	
10.00am - 12.00pm	Age UK Bristol - LGBT+ FAB Café. LGBT+ friendly Café. Contact Sue on 0117 4404301 .
10.00am - 3.00pm	FREE Raking & Baking. Cooking and gardening 7-week courses. 0117 955 1351 or office@stwerburghs.org.uk
12.00pm - 2.00pm	Foodshare. Supports local families with food / essentials. 0117 955 1351 or office@stwerburghs.org.uk .
5.45pm - 6.45pm	Empower Pilates. Mat Pilates. All Levels. Contact to book www.empower-pilates.co.uk
6.00pm - 7.15pm	Yoga with Lioba. £10- £12 - £8 concession. Contact liobadevi@gmail.com or 07722 187791 / MOVEGB.
7.00pm - 8.00pm	Living Pilates UK. www.livingpilatesuk.com 07545 913 631
7.00pm - 8.00pm	AA Steps to Freedom Drop in sessions. Contact marcusleerockey@gmail.com
7.00pm - 9.00pm	Alliance Française de Bristol Learn French with the French. 07903 821655 (Ending February 16th)
7.30pm - 8.30pm	Shakti Yoga For Women of All Ages & In Pregnancy £10 / pay what you can. yogagladey@gmail.com
Times Vary	FREE ESOL Community Learning West English Language Courses https://communitylearningwest.net

Friday	
10.00am - 11.00am	Tiger Stripes Women's Dance Fitness. jasroar@tigerstripesfindyourfierce.com 07917 884882 £5 / MOVEGB.
10.30am - 12.00pm	Singing Mamas - Womens Singing Circle - Contact info@zoiesings.com or 07947609780
2.00pm - 3.00pm	Tai Chi classes for over 50's with Dennison. £3 Donation 0117 955 135 or office@stwerburghs.org.uk

Saturday	
9.30am - 10.15am	Impact Dance Performance dance group 3-6 years old. 07738 446923.
10.00am - 1.00pm	Learning Brains Tutoring classes for children. Contact info@learningbrains.co.uk or 07475081996
10.15am - 11.00am	Impact Dance Performance dance group 7 - 10 years old. Contact 07738 446923.
11.00am - 12.00pm	Impact Dance Performance dance group 10 - 12 years old. Contact 07738 446923.
12.45pm - 3.45pm	The Bristol Graffiti Workshop. Fortnightly class. Family rate available. Book via www.yuup.co
3.00pm - 5.00pm	Bristol 4 Tibet Teaching young Tibetans Tibetan culture. norzinwangmo25@gmail.com or 07742 102964.

Sunday	
4.00pm - 5.00pm	Beginner Hatha Yoga. Pay what you can £8 - £10. moovewithmal@gmail.com https://linktr.ee/moovewithmal .

What's on

Festive Friends - Spring Afternoon Tea - Friday 17th May 12:00pm - 2:30pm

Join us for a fun filled afternoon with tea, cake and sandwiches. This is a free event for older people in our community.

Booking is essential, RSVP: Book your place by calling 0117 955 1351 or email office@stwerburghs.org.uk

Get digital!

We offer daily open access public computers and Wi-Fi with free advice and signposting from the Centre Reception.

Room hire

Proceeds from room hire go towards our projects. Find out more here: <https://stwerburghs.org.uk/venue-hire>.



Registered Charity No: 1074495

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