

St Werburghs Community Centre

Timetable



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
11.00am- 12:30pm	FREE Knit and Natter Coffee Club
11.30am - 12.30pm	ReACT Gentle Exercise Class. Drop in. £3.50. Contact 0117 955 1351.
4.45pm - 8:30pm	Industry of dance & Acro. Class Age 12+. Contact 07380956986 or sophiemgigg@yahoo.com
7.00pm - 8.00pm	Women's Kickboxing - Bristol Wutan. £8.50. Contact 07759 583688 / 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 07759 583688 / seniorinstructor@bristolwutan.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
12.00pm - 1.00pm	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
5.45pm - 6.45pm	Yoga and Sound Bath. soundyogawithbella@gmail.com or MoveGB
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	
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 Yogonaloni. yogonalonibristol@gmail.com 07743761252
6.30pm - 7.30pm	Ashtanga Yoga with Wale. ashtanga.wale@gmail.com
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



Registered Charity No: 1074495
Company Limited by Guarantee No: 3713212

St Werburghs Community Centre
Horley Road, Bristol, BS2 9TJ

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

Thursday	
10.00am - 12.00pm	FREE Age UK Bristol - LGBT+ FAB Café. LGBT+ friendly Café. Contact Sue on 0117 4404301 .
10.30am - 1:30pm	FREE Grow Your Lunch. Cooking and gardening Drop-in Club. 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
4.00pm - 7.30pm	Industry of dance & Acro. Class Age 12+. Contact 07380956986 or sophiemgigg@yahoo.com
6.00pm - 7.15pm	Yoga with Lioba. £10 - £12 - £8 concession. Contact liobadevi@gmail.com or 07722 187791 / MOVEGB.
7.00pm - 8.00pm	Pilates with Steph-Strength in Motion. Book ahead via pilateswithsteph.co.uk £12 per class (as part of a pass).
7.00pm - 8.00pm	AA Steps to Freedom Drop in sessions. Contact marcusleerockey@gmail.com
7.30pm - 8.30pm	Shakti Yoga For Women of All Ages & In Pregnancy £10 / pay what you can. yogagladey@gmail.com

Friday	
10.00am - 11.00am	Tiger Stripes Women's Dance Fitness. jasroar@tigerstripesfindyourfierce.com 07917 884882 £5/MOVEGB.
10.30am - 4.30pm	FREE Easy PC computer help. One-to-one and group sessions. Contact 0117 955 1351.
10.30am - 12.00pm	Singing Mamas - Womens Singing Circle - Contact info@zoiesings.com or 07947609780
11.30am - 12.30pm	Yoga With Weights Class with Gladey. £11 or £45 x 5 classes. yogagladey@gmail.com .
2.00pm - 3.00pm	Tai Chi classes for over 50's with Dennison. £3 Donation 0117 955 135 or office@stwerburghs.org.uk
Saturday	
10.00am - 1.00pm	Learning Brains Tutoring classes for children. Contact info@learningbrains.co.uk or 07475081996
3.00pm - 5.00pm	Bristol 4 Tibet Teaching young Tibetans Tibetan culture. norzinwangmo25@gmail.com or 07742 102964.

What's on

SWCC Christmas Market ! 6th December 3pm-8pm

Would you like to have a stall ? contact events@stwerburghs.org.uk

Festive Friends over Older People who live alone Christmas Meal 13th December 12-2.30pm

Get digital!

We offer daily open access public computers and Wi-Fi.

Room hire

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



Registered Charity No: 1074495
Company Limited by Guarantee No: 3713212

St Werburghs Community Centre
Horley Road, Bristol, BS2 9TJ

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