

THE ZEDSHED July 2017

Commercial Road, Penryn, TR10 8FG

www.jubileewharf.co.uk/whatson 01326 374960

See website for details of events



MONDAY

10.00-11.30 Bump to Breast - Penryn Children's Centre 07824 904979 **NOT 1st**

TUESDAY

13.30-14.30 Babbling Babies - Penryn Children's Centre 01326 312493 **Must Book NOT 25th**

11.00-12.30 Yoga for Healthy Backs Follow On course Alison Trehwela **Drop in welcome ONLY 4th**

17.45-19.15 Iyengar Yoga Alison Trehwela info.YHLB@gmail.com **NOT 4th**

19.30-21.00 Biodynamic Yoga Amanda Brown groundofbeing.co.uk

WEDNESDAY

11.45-12.45 Pilates Reba Guest 07887 702123 **NOT 26th**

14.30-16.45 Mindfulness Vici Williams 07974 113352 **Must Book Not 19th or 26th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk

19.45-20.45 Belly Bolly Dance Beginner Liz Newman bellybolly.co.uk

20.45-21.45 Belly Bolly Dance Intermediate Liz Newman bellybolly.co.uk

THURSDAY

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770 **On 6th end time is 12.45**

18.00-19.30 & 19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk

FRIDAY

09.30-11.00 Introducing Solid Food - Penryn Children's Centre 01326 312493 **Must Book ONLY 21st**

11.30-12.30 Capoeira Tots - Josh Chamada joshkanag@yahoo.co.uk **NOT 28th**

14.30-16.45 Mindfulness Vici Williams 07974 113352 **Must Book NOT 21st or 28th**

18.30-19.30 Vinyasa Flow Yoga Kyla Flegg ondaphysio.co.uk

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk

10.45-11.45 Meditation Lucinda Pimlott See website/special events for details **ONLY 1st**

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

17.30-18.45 Yoga for Healthy Backs Alison Trehwela **Must Book**

19.15-20.30 Yoga for Healthy Backs Alison Trehwela **Must Book NOT**