

THE ZEDSHED Nov 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

18.30-20.00 **Ashtanga Vinyasa Yoga** Emily Dymond emilydymondashtangayoga@outlook.com

TUESDAY

09.30-10.30 **Fusion Fitness** Jenn Spafford 07500 131341

13.30-15.30 **Incredible Babies** 8week parenting course Penryn Children's Centre 01872 322277

17.45-19.15 **Iyengar Yoga** Alison Trehwela info.YHLB@gmail.com

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

WEDNESDAY

09.15-11.15 **Iyengar Yoga** Jean Kutz 01872 572807 **NOT 29th**

11.45-12.45 **Pilates** Reba Guest 07887 702123

14.30-16.15 **Mindfulness** Vici Williams 07974 113352 Must Book **NOT 29th**

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

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

FRIDAY

11.30-12.30 **Capoeira Tots** - Josh Chamada joshkanag@yahoo.co.uk

17.15-18.15 **Barre Fitness** Jenn Spafford 07500 131341

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

10.45-16.45 **YHLB Teacher Training Level 2** Alison Trehwela Must book **ONLY 25th**

10.45-11.45 **Meditation** Lucinda Pimlott 01326 372419 yogainpenryn.co.uk **only 11th**

18.00-20.00 **5 Rhythms Dance** Julie Rose 07885 522093 **ONLY 11th & 25th**

SUNDAY

09.00-10.30 **Sunday Yoga Flow** Lauren Biddulph & Anna Misiak

10.45-16.45 **YHLB Teacher Training Level 2** Alison Trehwela Must book **ONLY 26th**

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 26th**

NEXT MONTH CHRISTMAS FAIR SATURDAY DEC 9TH & SUNDAY DEC 10TH