

THE ZEDSHED Dec 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 **ONLY 4th & 18th**

12.30-15.00 Iyengar Yoga Sue Lovell 07851 195208 **ONLY 18th**

18.30-20.00 Ashtanga Vinyasa Yoga Emily Dymond emilydymondashtangayoga@outlook.com **NOT 25th**

TUESDAY

09.30-10.30 Fusion Fitness Jenn Spafford 07500 131341 **NOT 12th or 26th**

13.30-15.30 Incredible Babies 8 week parenting course Penryn Children's Centre 01872 322277 **ONLY 5th**

17.45-19.15 Iyengar Yoga Alison Trehwela info.YHLB@gmail.com **NOT 26th**

19.30-21.00 Biodynamic Yoga Amanda Brown groundofbeing.co.uk **NOT 26th**

WEDNESDAY

11.45-12.45 Pilates Reba Guest 07887 702123 **ONLY 13th & 20th**

14.30-16.15 Mindfulness Vici Williams 07974 113352 Must Book **ONLY 6th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk **NOT 27th**

19.45-20.45 Belly Bolly Dance Beginner Liz Newman bellybolly.co.uk **ONLY 6th & 13th**

20.45-21.45 Belly Bolly Dance Intermediate Liz Newman bellybolly.co.uk **ONLY 6th & 13th**

THURSDAY

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770 **ONLY 7th & 14th**

11.30-12.30 Restorative Yoga Alison Trehwela info.YHLB@gmail.com **ONLY 7th**

19.00-23.00 5 Rhythms Dance Julie Rose 07885 522093 **ONLY 21st**

18.00-19.30 & 19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk **ONLY 7th & 14th**

FRIDAY

11.30-12.30 Capoeira Tots - Josh Chamada joshkanag@yahoo.co.uk **ONLY 1st**

15.15-16.45 Iyengar Yoga Alison Trehwela info.YHLB@gmail.com **ONLY 1st & 15th**

17.15-18.15 Barre Fitness Jenn Spafford 07500 131341 **ONLY 1st**

18.30-19.30 Vinyasa Flow Yoga Kyla Flegg ondaphysio.co.uk **NOT 8th or 29th**

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk **NOT 9th or 30th**

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **ONLY 2nd**

DECEMBER 9TH CHRISTMAS FAIR FROM 10.00 - 17.00

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak **ONLY 3rd & 17th**

17.30-18.45 Yoga for Healthy Backs Alison Trehwela Must Book **ONLY 3rd & 17th**

19.15-20.30 Yoga for Healthy Backs Alison Trehwela Must Book **ONLY 3rd & 17th**

DECEMBER 10TH CHRISTMAS FAIR FROM 11.00 - 16.00