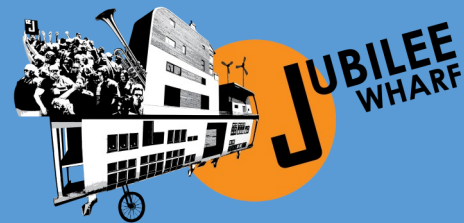


THE ZEDSHED Jan 2018

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 **Starts 8th**

13.15-13.45 **Baby Ballet Movers 3 - 4 years** - Candice Inglis truro@babyballet.co.uk **Starts 8th**

14.00-14.35 **Baby Ballet Tinies 18 mos - 3 years** - Candice Inglis truro@babyballet.co.uk **Starts 8th**

18.30-20.00 **Ashtanga Vinyasa Yoga** Emily Dymond emilydymondashtangayoga@outlook.com **Starts 8th**

TUESDAY

09.30-10.30 **Fusion Fitness** Jenn Spafford 07500 131341 **Starts 9th**

17.45-19.15 **Iyengar Yoga** Alison Trehwela info.YHLB@gmail.com **ONLY 30th**

19.30-21.00 **Biodynamic Yoga** Amanda Brown groundofbeing.co.uk **Starts 9th**

WEDNESDAY

09.15-11.15 **Iyengar Yoga** Jean Kutz 01872 572807 **Starts 10th**

11.45-12.45 **Pilates** Reba Guest 07887 702123 **Starts 10th**

12.30-15.00 **Iyengar Yoga** Sue Lovell 07851 195208 **ONLY 3rd**

14.00-16.15 **Mindfulness** Vici Williams 07974 113352 Must Book **Starts 17th**

18.00-19.30 **Anusara Yoga** Lucinda Pimlott 01326 372419 lucindayoga.uk **Starts 3rd**

THURSDAY

09.30-11.00 **Suitcase Singers Choir** led by Claire Ingleheart 07791 945770 **Starts 4th**

18.00-19.30 **Atha Yoga general** Andrew Moon athayoga.co.uk **Starts 4th**

19.45-21.15 **Atha Yoga general** Andrew Moon athayoga.co.uk **Starts 4th**

FRIDAY

11.30-12.30 **Capoeira Tots** - Josh Chamada joshkanag@yahoo.co.uk **Starts 5th**

12.30-15.00 **Iyengar Yoga** Sue Lovell 07851 195208 **ONLY 5th**

17.15-18.15 **Barre Fitness** Jenn Spafford 07500 131341 **Starts 5th**

18.30-19.30 **Vinyasa Flow Yoga** Kyla Flegg ondaphysio.co.uk **Starts 5th**

SATURDAY

09.00-10.30 **Anusara Yoga** Lucinda Pimlott 01326 372419 lucindayoga.uk **Starts 6th**

10.45-11.45 **Meditation** Lucinda Pimlott 01326 372419 lucindayoga.uk **ONLY 27th**

13.30-15.45 **Mindfulness** Vici Williams 07974 113352 Must Book **Starts 20th**

18.00-20.00 **5 Rhythms Dance** Julie Rose 07885 522093 **ONLY 20th & 27th**

SUNDAY

09.00-10.30 **Sunday Yoga Flow** Lauren Biddulph & Anna Misiak **Starts 7th**

17.30-18.45 **Yoga for Healthy Backs** Alison Trehwela Must Book **ONLY 28th**

19.15-20.30 **Yoga for Healthy Backs** Alison Trehwela Must Book **ONLY 28th**