

THE ZEDSHED March 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

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

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

TUESDAY

09.30-10.30 Fusion Fitness Jenn Spafford 07500 131341

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

19.30-21.30 Biodynamic Yoga Amanda Brown groundofbeing.co.uk

WEDNESDAY

09.15-11.15 Iyengar Yoga Jean Kutz 01872 572807 (not 28th March)

11.45-12.45 Pilates Reba Guest 07887 702123

14.00-16.15 Mindfulness Vici Williams 07974 113352 Must Book (7th & 14th March only)

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk

19.45-20.45 Beginner Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk

THURSDAY

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770

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

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FRIDAY

11.30-12.15 Capoeira Tots - Josh Chamada joshkanag@yahoo.co.uk (not 30th)

15.15-16.45 Restorative Yoga—Alison Trehwela Must Book (2nd & 9th March only)

17.15-18.15 Barre Fitness Jenn Spafford 07500 131341

18.30-19.30 Physiotherapy-Yoga Kyla Flegg ondaphysio.co.uk

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk

13.30-15.45 Mindfulness Vici Williams 07974 113352 Must Book (3rd 10th & 17th March only)

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 (3rd 10th and 24th March only)

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

11.00 - 17.30 SWIYI workshop - with teacher Alan Brown contact www.swiyengaryoga.org.uk (18th March only)

15.45-17.15 Yoga for Healthy Backs Alison Trehwela Must Book (4th March only)

17.45-19.15 Yoga for Healthy Backs Alison Trehwela Must Book (18th March only)

19.15-20.30 Yoga for Healthy Backs Alison Trehwela Must Book (4th & 11th March only)