

THE ZEDSHED WINTER 2026

Jubilee Wharf, Commercial Road, Penryn, TR10 8FG

www.jubileewharf.co.uk/whatson 01326 374960

**ZedShed
News**

MONDAY

08.30-10.30 Pilates with Heather Thomas www.osteopilatescornwall.com

11.00-12.00 Family Yoga with Emily [booking](#) 26/10 & 23/11

13.15-14.45 Ceilidh with Kate Smith [/ceilidhcornwall.com/services/ceilidh-classes/regular-ceilidh-classes/](http://ceilidhcornwall.com/services/ceilidh-classes/regular-ceilidh-classes/)

17.00-19.00 Pilates with Heather Thomas www.osteopilatescornwall.com

19.30-20.30 Hula Hoops with Lisa Truscott Lisa@aerialartiste.com

**Jubilee Wharf
Christmas Fair
12 & 13 December**

TUESDAY

09.00-10.00 Improver Pilates with Sarah Beth

18.00-19.30 Biodynamic Yoga Amanda Brown 01326 318776 groundofbeing.co.uk

20.00-21.00 Shakeout Run Club Yoga with Ro Doleman www.yoga-ro.com

WEDNESDAY

09.30-11.00 Iyengar Yoga Improvers with Jean Kutz 01872 572807

18.00-19.30 Yoga with Lucinda Pimlott 07308 890896 lucindayoga.uk

THURSDAY

09.30-11.00 Suitcase Singers Choir with Claire Ingleheart 07791 945770

19.30-21.30 Contact Improvisation with Shalika Wolf shalikawolf@gmail.com weekly

FRIDAY

09.30-12.30 Pilates with Heather Thomas osteopilatescornwall.com/book-now

SATURDAY

09.00-10.30 Yoga with Lucinda Pimlott 07308 890896 lucindayoga.uk

11.00-12.30 Mindfulness drop-in www.mindfulmedicinecornwall.co.uk/ 14 Nov

10.00-17.00 JUBILEE WHARF CHRISTMAS FAIR 12 DECEMBER

16.00-23.00 Qi Gong and Sound Workshop with Tallulah Rendall tallulahrendall.com/ 17th October

16.30-18.30 Biodanza Extravaganza with Anna Sadler admin@nodac.co.uk 14 Nov

SUNDAY

10;00-11:15 Breathwork with Katt Stott 1 Nov; 6 Dec

11.00-16.00 JUBILEE WHARF CHRISTMAS FAIR 13 DECEMBER

18.00-19.30 Full/New Moon Sound Bath Ali Gunning 25 Oct; 22 Nov