

THE ZEDSHED July 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

13.15-13.55 **Baby Ballet Movers 3 - 4 years** - Candice Inglis truro@babyballet.co.uk **NOT 30th**

14.00-14.35 **Baby Ballet Tinies 18mos - 3 years** - Candice Inglis truro@babyballet.co.uk **NOT 30th**

18.00-19.00 **Pilates** Jess Harris jessamaeharris@yahoo.co.uk

19.30-20.30 **Hula Hoop** Lisa Truscott Lisa@aerialartiste.com **NOTE - On 9th class is 19.15—20.15**

20.30-21.30 **Gong Bath Meditation** Ali Gunning resonantretreats@gmail.com **ONLY 9th**

TUESDAY

09.30-10.30 **Fusion Fitness** Jenn Spafford 07500 131341 **NOT 3rd or 31st**

17.45-19.15 **Iyengar Yoga** Alison Trehwela info.YHLB@gmail.com **NOT 24th**

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

WEDNESDAY

14.00-16.15 **Mindfulness** Vici Williams 07974 113352 Must Book **ONLY 4th & 11th**

18.00-19.30 **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

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

FRIDAY

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

18.30-19.30 **Physiotherapy-Yoga** Kyla Flegg ondaphysio.co.uk **ONLY 6th**

SATURDAY

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

SUNDAY

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

NOW CANCELLED -11.00-12.00 **Family Biodanza Taster Class** Anna Sadler annasadler23@yahoo.com **ONLY 8th**

17.45-19.15 **Yoga for Healthy Backs** Alison Trehwela Must Book

19.15—20.30 **Yoga for Healthy Backs** Alison Trehwela Must Book