



Online Classes Timetable

Every day:

- **Taekwon-Do and fitness classes**
Contact directly to book via euanmcdonald6@gmail.com, 07870683756 or via the club Facebook page <https://www.facebook.com/Mr-McDonald-UKTC-Taekwondo-Little-Tiger-Cubs-298718253832874/>
- **Yoga with Gladey: 10-11am**
Join via Facebook by sending a friend request to Gladey Rowan

Mondays:

- **Re-Stack Mum and Baby Pilates: 11am-12pm**
Book via MoveGB or Please contact veronica.barbaro@gmail.com to book. £7/class or 3 classes for £18 - Also open to offering free or reduced rates to low/non earners.

Tuesdays:

- **YogaLoni Classes: 6-7pm**
All levels and abilities welcome. Available on MoveGB or on a sliding scale from free - £6 via PayPal. Contact Leonie for more info/to book: yogalonibristol@gmail.com
- **Lena Grace Yoga Classes: 7-8.15pm**
Contact lena.pascoe@gmail.com or visit <https://www.facebook.com/lenagraceyoga.co.uk/> for zoom class details
- **Bristol Wutan Kickboxing: Women: 7-8pm, Mixed: 8-9.30pm**
Visit www.bristol-wutan.co.uk for more details
- **Free Guided Meditation: from 7.30pm**
To join, visit <http://www.zoepither.co.uk/>
- **Life Drawing: 7-8.30pm**
Contact beki@lifedrawingbristol.co.uk for term dates and fees



St Werburghs Centre
A Community Venue for East Bristol
Harley Road, St Werburghs, Bristol BS2 9TJ
Managed by St Werburghs Community Association

T: 0117 955 1351
E: office@stwerburghs.org.uk
www.stwerburghs.org.uk



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- **Yoga for Climbers: 5.30-6.30pm**
Visit <https://alexmeade.yoga> for more information

Wednesdays:

- **Brahma Kumaris Free Meditations: 7-8pm**
All are welcome to join. Join Zoom Meeting <https://zoom.us>, Meeting ID: 986 6022 6352, Password: 439287
Contact Michael on 07917 420088, bristol@uk.brahmakumaris.org
- **Pregnancy Yoga with Marinella: 6.30-7.45pm**
<https://www.earthmoonmala.com/pregnancy-yoga>
Contact marinellenbenelli@gmail.com, 07856125677

Thursdays:

- **Go with the Flow Yoga with Lioba: 6-7.15 pm**
Donations on [PayPal.me/LiobaFezer](https://www.paypal.com/uk/microdonations/?country=GB¤cy=GBP&source=charity). Contact undefined liobadevi@gmail.com for the zoom link.

Fridays:

- **Tiger Stripes Dance Fitness for Women: 10-11am**
£3. To book use MoveGB or email roar@tigerstripesfindyourfierce.com

Sundays:

- **Balanced View: The Power of Complete Relaxation - Online Open Meetings: 11.30am-12.30pm**
<https://balancedview.zoom.us/>, meeting ID: 671 882 015
Suggested contribution: £5-15, everyone is welcome regardless of ability to contribute.
Contact: Bristol@balancedview.org



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