

THE ZEDSHED April 2017

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 **NOT 17th**

17.15-18.15 Kid's Street Dance Jade Evans joshkanag@yahoo.co.uk **ONLY 24th**

18.15-19.15 Kid's Contemporary Dance Jade Evans joshkanag@yahoo.co.uk **ONLY 24th**

TUESDAY

13.30-14.30 Babbling Babies - Penryn Children's Centre 01326 312493 **Must Book ONLY 18th & 25th**

17.45-19.15 Iyengar Yoga Alison Trehwela atrehwela@orangehome.co.uk **NOT 11th**

19.30-21.00 Biodynamic Yoga Amanda Brown groundofbeing.co.uk **NOT 11th**

WEDNESDAY

09.15-11.15 Iyengar Yoga Jean Kutz 01872 572807 **Starts 19th**

11.45-12.45 Pilates Reba Guest 07887 702123 **Starts 19th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk

19.45-20.45 Belly Bolly Dance Beginner Liz Newman bellybolly.co.uk

20.45-21.45 Belly Bolly Dance Intermediate Liz Newman bellybolly.co.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 **NOT 13th or 20th**

19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk **NOT 13th or 20th**

FRIDAY

09.30-11.00 Introducing Solid Food - Penryn Children's Centre 01326 312493 **Must Book ONLY 21st**

11.30-12.30 Capoeira Tots - Josh Chamada joshkanag@yahoo.co.uk **Starts 21st**

18.00-21.00 Bobby Clennell 3 day Iyengar Yoga **Must Book** karencalder@hotmail.co.uk **ONLY 28th**

18.30-19.30 Vinyasa Flow Yoga Kyla Flegg ondaphysio.co.uk **NOT 28th**

20.00-22.00 Biodanza Rupert Meese rupert.meese@lightmind.co.uk **ONLY 7th & 21st**

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk

10.45-11.45 Meditation Lucinda Pimlott 01326 372419 lucinda@yogainpenryn.co.uk **ONLY 1st & 22nd**

11.00-17.00 Bobby Clennell 3 day Iyengar Yoga **Must Book** karencalder@hotmail.co.uk **ONLY 29th**

11.00-13.00 Yoga & Sound Lucinda Pimlott & Megan Selby See website for details **ONLY 8th**

13.30-15.45 Mindfulness Vici Williams 07974 113352 **Must Book ONLY 1st**

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **ONLY 22nd & 29th**

SUNDAY

09.00-10.30 Vinyasa Yoga Catherine Mitchell catherinemitchellyoga.co.uk **NOT 30th**

11.00-14.00 Bobby Clennell 3 day Iyengar Yoga **Must Book** karencalder@hotmail.co.uk **ONLY 30th**

09.00-10.30 Vinyasa Yoga Anna Misiak **ONLY 30th**

17.30-18.45 Yoga for Healthy Backs Alison Trehwela **Must Book ONLY 23rd & 30th**

