

THE ZEDSHED SUMMER 2026

Jubilee Wharf, Commercial Road, Penryn, TR10 8FG

www.jubileewharf.co.uk/whatson 01326 374960

ZedShed News

MONDAY

09.30-10.30 Pilates with Heather Thomas www.osteopilatescornwall.com not 1 June

12.00-14.30 Iyengar Yoga with Sue Lovell <https://www.peakyoga.org.uk/> 3 Aug

13.15-14.45 Ceilidh with Kate Smith ceilidhcornwall.com/services/ceilidh-classes/regular-ceilidh-classes/ not 3/8

16.00-19.00 Pilates with Heather Thomas www.osteopilatescornwall.com

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

TUESDAY

09.00-10.00 Improver Pilates with Sarah Beth

12.00-14.30 Iyengar Yoga with Sue Lovell <https://www.peakyoga.org.uk/> 4 Aug

18.00-19.30 Biodynamic Yoga Amanda Brown 01326 318776 groundofbeing.co.uk check *What's On for August dates*

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

ZedShed closed for maintenance

All day & evening Tuesday 18 Aug

All day Wednesday 19 Aug. Open from 6pm.

WEDNESDAY

09.30-11.00 Iyengar Yoga Improvers with Jean Kutz 01872 572807

12.00-14.30 Iyengar Yoga with Sue Lovell <https://www.peakyoga.org.uk/> 5 Aug

18.00-19.30 Yoga with Lucinda Pimlott 07308 890896 lucindayoga.uk 19/8 ZedShed reopens for Lucinda's class

20.00-21.00 Forro Tango with Bec barefootforro@gmail.com 1st & 3rd weeks of the month – check *What's On diary*

THURSDAY

09.30-11.00 Suitcase Singers Choir with Claire Ingleheart 07791 945770 check *What's On for August dates*

19.30-21.30 Contact Improvisation with Shalika Wolf shalikawolf@gmail.com weekly except 1st Thursday /month & 16 July

FRIDAY

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

18.00-19.00 Breathing & meditation with Anna Sadler anna@nodac.co.uk 29 May, 19 June, 17 July, 28 Aug

18.00-20.30 Forro Tango with Bec barefootforro@gmail.com 5 June, 3 July, 7 Aug

SATURDAY

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

11.00-12.30 Mindfulness drop-in www.mindfulmedicinecornwall.co.uk/ 16 May, 13 June, 18 July, 15 Aug, 12 Sept

11.00-13.00 Forro Tango with Bec barefootforro@gmail.com 6 June, 4 July

13.00-17.00 SWIY workshop 27 June

12.00-14.30 Iyengar Yoga with Sue Lovell <https://www.peakyoga.org.uk/> 1 Aug

16.30-18.30 Biodanza Extravaganza with Anna Sadler admin@nodac.co.uk 16 May, 13 June, 11 July, 5 Aug, 26 Sep

SUNDAY

10;00-11:15 Breathwork with Katt Stott 17 May, 7 June, 5 July, 2 Aug, 13 Sept

10.00-16.00 Noone Dies Alone with Anna Sadler anna@nodac.co.uk 12 July & 13 Sep

10.00-18.00 SWIY workshop 28 June

10.30-11.45 Meditation and talk with Kadampa Truro info@meditateincornwall.org 23 Aug

12.00-14.30 Iyengar Yoga with Sue Lovell <https://www.peakyoga.org.uk/> 2 Aug

18.00-19.30 Full/New Moon Sound Bath Ali Gunning 31 May, special solstice 21 June, 26 July, 30 Aug, 27 Sep



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