



Community space weekly/monthly classes:

Pilates Classes: Every Mon 18:00-20:00

Every Wed 9:45-10:45 - Nicola Smith: nicolagibb28@googlemail.com

Every Thurs 18:30-19:30

Yoga & Pilates Classes: Every Tues 10:30-11:30

Yoga: Every Fri 9:30-10:30/10:45-11:45 - Rachael Gillies: lunasanayoga@yahoo.com

Evening Yoga: Every Wed 18:15-19:15

Tai Chi: Every Wed 13:30-14:30 – Zabeth Reid: zabtaichi@gmail.com

Urban Fox Self Defence: Every Thurs 19:30-21:00 Simon & Dan contact@urbansfoxsd.co.uk

Alzheimer's Café: Every other Thurs 10:00-13:00 – Julie Woan:

Julie.Woan@alzheimers.org.uk

Golden-Oldies: one Thurs a month (contact) 10:45 – 12:15 – Emma Shearman: events@golden-oldies.org.uk

Age UK: Every Mon 10:00-11:00 - Info@ageuksomerset.org.uk

Smokefree Somerset classes: Every Thurs 13:30-15:30 -

michelle.broom@somerset.gov.uk

YSHC: Every Sat (Hockey season Sep-Apr) All working day – Joanna Stevenson:

secretary@yshc.co.uk

Canine First Aid courses: Next course Sunday 25 Jan 09:30-16:30 – John McGeever

yeovilgreyhoundwalk@gmail.com

Junior Park Run: Every Sun 08:00-10:00 - yeovilrecjuniors@parkrun.com