



## Community space weekly/monthly classes:

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

Every Wed 9:45-10:45 - Nicola Smith: [nicolagibb28@googlemail.com](mailto: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](mailto:lunasanayoga@yahoo.com)

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

No mean feet & the shoestring band: Every Tues 19:00-21:00 - Soria Camille-Betts:  
[soria.nmf07@gmail.com](mailto:soria.nmf07@gmail.com)

Aura kids Yoga: Every Wed 16:00-17:00 – Laura Male: [aurakidsyoga@outlook.com](mailto:aurakidsyoga@outlook.com)

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

Alzheimer's Café: Every other Thurs 10:00-13:00 – Julie Woan:  
[Julie.Woan@alzheimers.org.uk](mailto:Julie.Woan@alzheimers.org.uk)

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

Age UK: Every Mon 10:00-11:00 - [Info@ageuksomerset.org.uk](mailto:Info@ageuksomerset.org.uk)

Smokefree Somerset classes: Every Thurs 13:30-15:30 -  
[michelle.broom@somerset.gov.uk](mailto:michelle.broom@somerset.gov.uk)

YSHC: Every Sat (Hockey season Sep-Apr) All working day – Joanna Stevenson:  
[secretary@yshc.co.uk](mailto:secretary@yshc.co.uk)

Canine First Aid courses: Next course Sunday 25 Jan 09:30-16:30 – John McGeever  
[yeovilgreyhoundwalk@gmail.com](mailto:yeovilgreyhoundwalk@gmail.com)

Junior Park Run: Every Sun 08:00-10:00 - [yeovilrecjuniors@parkrun.com](mailto:yeovilrecjuniors@parkrun.com)