












DAY	ACTIVITY	TIMES	ROOM	CONTACT	DETAILS	FREQUENCY / Term Time Only
MONDAY	Moo Music	9.45 – 11.45am	Meeting Room 2	Rachel Malkawi	rachy@moo-music.co.uk 07976007949 	Term time only
	Talking Tots	9.15 – 11.30am	Meeting Room 1	Shelley Coles	shelley@talkingtots.info 	Term time only
	Back to Wellness	11am - 11.45am	Main Hall	Clare Curtis	clarejasmine@googlemail.com 	Throughout the year
	Tea and Cake Group	11.45 – 1.45pm	Meeting Room 2			Once a month
	Health Visiting Service Reviews	<b>Booked Appointments Only</b>	Meeting Room 1	Sirona Care & Health	Emersons Green: 0117 957 6914 	Term time only
	Naturally Healing - Yoga	1.45 – 2.45pm	Meeting Room 2	Sarah Hussey	info@naturallyhealingbristol.co.uk 07976 851 748 	Throughout the year
	The Cutest Crew	4 – 5pm	Main Hall	Georgia Gee	geogee1@hotmail.co.uk 07452837232 	Term time only
	HD Dance – Primary Ballet	4.45 – 5.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	SAM - Dance & Tone	6.15 – 7.15pm	Main Hall	Sam King	samangel@blueyonder.co.uk 07983 574 562 	Term time only
	Gentle Flow Yoga	6.30 – 7.30pm	Meeting Room 2	Natty Marchant	nattymarchant@icloud.com 07917 063 274 	Throughout the year
	Zumba with Faye	7.30 – 8.30pm	Main Hall	Faye James	faye-smith-21@hotmail.com 07875 725 017 	Term time only
	DKK Karate	7.30 – 9.30pm	Meeting Room 2	Danny Williams	ddannyw1974@gmail.com 07730 879 308 	Throughout the year

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TUESDAY	Baby Sensory	10am – 2.45pm (4 session times)	Main Hall	Helen Williams	bristoleast@babysensory.co.uk 07721 615412 	Term time only
	Music with Mummy	9.45am – 12pm	Meeting Room 2	Becky Rogers	bexrogersmusic14@hotmail.com 07791 239 287 	Term time only
	Health Visiting Service Reviews	<b>Booked Appointments Only</b>	Meeting Room 1	Sirona Care & Health	 Emersons Green: 0117 957 6914	Term time only
	Music with Mummy	1 – 2.30pm	Meeting Room 2	Becky Rogers	bexrogersmusic14@hotmail.com 07791 239 287 	Term time only
	HD Dance – Musical Theatre	4.30 – 5.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	Mindful Creation Hub - Children's Crafts	4.30 - 5.30pm	Main Hall	Martinue	martinuehill@live.co.uk	
	HD Dance - Lyrical	5.45 – 6.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	Beavers & Cubs	6 – 7pm	Main Hall	Simon Budd / Matt Palmer	simondbudd@gmail.com 07765 201 435	Term time only
	Downtime	6 – 7pm	Meeting Room 2	Georgina Binks	lgdowntime@gmail.com 0117 957 0410 	Throughout the year
	Vicky's Pilates and Body Sculpt	7 – 7.45pm	Main Hall	Vicky Moody	vicky@vickysdance.com 07896 664 330 	Term time only
	Naturally Healing – Equine Yoga	7.15 – 8.15pm	Meeting Room 2	Sarah Hussey	info@naturallyhealingbristol.co.uk 07976 851 748 	Throughout the year
	Sounds delightful - Choir	7.30 – 9.30pm	Meeting Room 1	Rachel Hunt	racoulson@gmail.com	Term time only
	Book Club	7.30 – 9.30pm	Atrium	Laura O'Brien	laura@lydegreenca.org	Last Tuesday of each month
	Badminton	8-9pm	Main Hall		Info@lydegreenca.org	Available to book

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WEDNESDAY	Mango Jams Toddler group	9.15 – 10.30am	Main Hall	Tereasa	www.stjameschurch.co.uk FB: stjamesmangotsfield 	Term time only
	Health Visiting Team – Baby Hub	9.30 – 11am <b>Drop in session</b>	Meeting Room 1	Sirona Care & Health	Emersons Green: 0117 957 6914 	Throughout the year
	Real Fitness	9.30 – 10.30am	Meeting Room 2	Sarah Buscemi	sarah@realfitnesswithsarah.com 07975 943 589	Throughout the year
	Yoga with Clare	12 - 1pm	Meeting Room 2	Clare Curtis	clarejasmine@googlemail.com	Throughout the year
	Bristol After Stroke	12 - 3pm	Meeting Room 2	Lucy Stockall	Lucy.stockall@bristolafterstroke.org.uk 07485 302 868 	Once a month
	HD Dance - Acting & Singing Technique	5 – 6.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	Lotus Youth	5 – 6pm	Main Hall	Georgia Gee	geewhizzchore17@gmail.com 	Term time only
	Fishponds Taekwondo Academy	6 – 7pm	Main Hall	Gavin Reader	fishpondstkd@hotmail.com 07830 857 470 	Throughout the year
	Zumba with Faye	7.15 – 8.15pm	Main Hall	Faye James	faye-smith-21@hotmail.com 07875 725 017 	Term time only
	Fishponds Taekwondo Academy	8.15 – 9.15pm	Main Hall	Gavin Reader	fishpondstkd@hotmail.com 07830 857 470 	Throughout the year
	Slimming World With Lesley	7.30 - 8.30pm	Meeting Room 1	Lesley	Swlesley2022@gmail.com 075035 24459 	Throughout the year


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THURSDAY	Slimming World With Lesley	9.30 - 10.45am	Meeting Room 2	Lesley	Swlesley2022@gmail.com 075035 24459 	Throughout the year
	Sing and Sign	10am - 12pm	Meeting Room 2	Katherine Amor	katherineamor@singandsign.co.uk 07594 460 448	Term time only
	Healthy Hearts - Kara	11am – 12pm	Main Hall	Kara Penney	karashealthyhearts@gmail.com 07531 009 371	Throughout the year
	Health Visiting Service Reviews	<b>Booked Appointments Only</b>	Meeting Room 1	Sirona Care & Health	Emersons Green: 0117 957 6914 	Term time only
	Pilates with Clare	1 – 2pm	Main Hall	Clare Curtis	clarejasmine@googlemail.com 	Throughout the year
	STAR Support Group	1.15 – 2.45pm	Meeting Room 2	Teresa	revtmt@blueyonder.co.uk 0117 909 3078 info@lydegreenca.org	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month
	Yoga, Stretch and Meditation with Clare	3 - 4pm	Meeting Room 2	Clare Curtis	clarejasmine@googlemail.com 	Throughout the year
	V Dance Academy	4.15 – 5pm	Main Hall	Vicky Moody	vicky@vickysdance.com 07896 664 330 	Term time only
	HD Dance - Ballet	5.15 -5.45pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	HD Dance - Jazz	5.45 -6.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	HD Dance – Private sessions	6.30 - 7.15pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	SAM – Dance & Tone	7 – 8pm	Main Hall	Sam King	samangel@blueyonder.co.uk 07983 574 562 	Term time only
	HD Dance	6 – 6.45pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only
	HD Dance	6.45 – 7.30pm	Meeting Room 1	Hannah & Danni	HDDancebristol@gmail.com Danni: 07939 979 160 	Term time only

	Ju Jutsu – Self Defence	8 – 10pm	Main Hall	Adam Saunders	adam@aikibudo.org.uk 07970 913 325 www.jujutsu-bristol.org.uk	Throughout the year

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FRIDAY	SAM – Total Body Workout	9.15 – 10.15am	Main Hall	Sam King	samangel@blueyonder.co.uk 	Term time only
	Sing and Sign	10am/11am 12pm/1pm	Meeting Room 2	Katherine Amor	katherineamor@singandsign.co.uk 07594 460 448 	Term time only
	Pilates with Clare	10 - 11am	Meeting Room 1	Clare Curtis	clarejasmine@googlemail.com 	Throughout the year
	Muslim Community Service	12.45 – 2.15pm	Main Hall	Ratib	ratibahmed@outlook.com	Throughout the year
	Fishponds Taekwondo Academy (Juniors)	5.30 – 7.30pm	Main Hall	Gavin Reader	fishpondstk@hotmail.com 07830 857 470 	Throughout the year
	Fishponds Taekwondo Academy (Adults)	7.30 – 8.30pm	Main Hall	Gavin Reader	fishpondstk@hotmail.com 07830 857 470 	Throughout the year

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SATURDAY	Zumba with Faye	9 – 10am	Meeting Room 2	Faye James	faye-smith-21@hotmail.com 07875 725 017 	Term time only
	EPIC Martial Arts	10.30am – 1.30pm	Main Hall	Nic Sherlock	info@epicmartialarts.co.uk Nic: 07919 990 935 Kam: 07708 390 261 	Throughout the year
	Available for Private party / event bookings	9.00 – 10.30pm	Main Hall		Enquire at: Bookings@lydegreenca.org 0117 957 0410 	Depending on availability
	Available for Private party / event bookings	9.00 – 10.30pm	Meeting Room 1 and 2		Enquire at: Bookings@lydegreenca.org 0117 957 0410 	Depending on availability

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SUNDAY	Little Pickles Market / Bigger Pickles Market	9.30am – 12.30pm	Main Hall	Olivia	info@littlepicklesmarkets.co.uk 07856 832 095 	On selected dates
	Agape Faith Fellowship	2.45 – 4.30pm	Meeting Room 2	Neville	agapefellowshipplg@gmail.com 07596 351 260 	Throughout the year
	Available for Private party / event bookings	9.00 – 10.30pm	Main Hall		Enquire at: Bookings@lydegreenca.org 0117 957 0410 	Depending on availability
	Available for Private party / event bookings	9.00 – 10.30pm	Meeting Room 1 and 2		Enquire at: Bookings@lydegreenca.org 0117 957 0410 	Depending on availability

	Kids / Juniors classes
	Adult classes
	Can be found on Facebook

Check our Social Media for all our one off events throughout the year

 Lyde Green Community Centre

 Lyde Green Community Association

Visit our website [\*\*www.lydegreenca.org\*\*](http://www.lydegreenca.org)

Book tickets through [\*\*https://buytickets.at/lgca\*\*](https://buytickets.at/lgca)