

What's on at Lyde Green Community Centre

Monday

Time	Room	Activity/Class	Contact Details	Frequency
10-12	TR	Citizen's Advice	Drop in sessions- No appointment needed	Weekly
12-3.30pm	MR 1	Health Visiting Team	Sirona Care & Health 03001255200	Weekly Term Time
1-3.45	Hall	Warmley Short Mat Bowls	lin.chivers@gmail.com	Weekly
6.15-7.15	Hall	Dance & Tone with SAM	samangel@blueyonder.co.uk	Weekly
6.45-7.30	MR1	CDC Empower All Style Team	07941017137 or Challis Dance on FB	Weekly Term Time
7-8pm	MR 1	DanceArt Plus	karina.dancefit@gmail.com	Weekly
7.30-8.30pm	Hall	Dance Fusion Fitness with Faye	faye-smith-21@hotmail.com	Weekly Term Time

Tuesday

10-2.45	Hall	Baby Sensory	bristoleast@babysensory.co.uk	Weekly Term Time
5-6pm	Hall	Beavers	simondbudd@gmail.com	Weekly Term Time
6-7pm	Hall	Cubs	simondbudd@gmail.com	Weekly Term Time
7-7.45	Hall	Vicky's Pilates & Body Sculpt	vicky@vickysdance.com	Weekly Term Time
7-8pm	MR 2	Naturally Healing Yoga	info@naturallyhealingbristol.co.uk	Weekly

Wednesday

10-11.45	MR 1	Mango Jams Toddler Group	jane.huzzey@gmail.com	Weekly Term Time
9.30-11am	MR 2	Baby Hub	03001255200	Weekly
9.30-10.30	Hall	Real Fitness	sarah@realfitness	Weekly
10.30-1	Hall	Tuneful Tigers	jenilee@tunefultigers.co.uk	Weekly Term Time
1-3pm	MR 1	Bristol After Stroke Club	office@bristolafterstroke.org.uk	Weekly
5-6pm	Hall	Epic Martial Arts	info@epicmartialarts.co.uk	Weekly
4.30-7pm	MR 2	Lyde Green Judo Club	yatying610@yahoo.com.hk	Weekly
6-8.30 pm	Hall	SWTKD Bristol	swtkd.lydegreen@yahoo.com	Weekly

Thursday

9.30-11.15	MR 1	Healthy Steps	info@lydegreenca.org	Weekly
9.30-11.30	Hall	Healthy Hearts	karashealthyhearts@gmail.com	Weekly
12-3.30	MR 1	Health Visiting Team	03001255200	Weekly
1.15-2.45	MR 1	STAR Support Group (Share,Talk And Remember)	07914018199	2 nd & 4 th week of the month
5-8pm	MR 2	Epic Martial Arts	info@epicmartialarts.co.uk	Weekly
5.45-6.45	Hall	VDance- Pilates & Body Sculpt	vicky@vickysdance.com	Weekly
7-8pm	Hall	Dance & Tone with SAM	samangel@blueyonder.co.uk	Weekly
8-10pm	Hall	Jujitsu Self Defence	adam@aikibudo.org.uk	Weekly

Friday

9.15-10.15	Hall	SAM Total Body Workout	samangel@blueyonder.co.uk	Weekly
9-12.30	MR 1	Health Visiting Team	03001255200	Weekly
10-2	MR 2	Sing & Sign	tessamerison@singandsign.com	Weekly Term Time
1-2pm	Hall	Muslim Community Prayers	ratibahmed@outlook.com	Weekly
2.15-5	Hall	Warmley Short mat Bowls	lin.chivers@gmail.com	Weekly
5.30-8.30	Hall	SWTKD Bristol	swtkd.lydegreen@yahoo.com	Weekly
7-8.45	MR2	The Saviours Nation	https://thesavioursnation.org	Weekly

Saturday

8.30-9.15	Hall	SAM Circuits	samangel@blueyonder.co.uk	Weekly
9.15-10.15	Hall	SAM Stretch & Strength	samangel@blueyonder.co.uk	Weekly
9.30-10.15	MR1	Boogie Bears Dance	07941017137 or Challis Dance on FB	Weekly
9.30-10.30	MR2	Tots Talk	shelleytotstalk@gmail.com	Weekly
10.30-1.30	Hall	Epic Martial Arts	info@epicmartialarts.co.uk	Weekly

Sunday

9.30-12.30	Hall	Little Pickles Markets	info@littlepicklesmarkets.co.uk	see website
3-4.30pm	MR 2	Agape Faith	agapefellowshipplg@gmail.com	Weekly
10-2	MR 2	The Church of God in Bristol	admin-bristol@thechurchesofgod.org.uk	Weekly

The hall and meeting rooms are available for private bookings on weekends.
Booking requests via our website at <https://lydegreenca.org>