

# 2025

## ACTIVITIES AT THE PARISH ROOMS

[bookingsparishrooms@gmail.com](mailto:bookingsparishrooms@gmail.com)

<u>Weekday</u>	<u>Time</u>	<u>Activity</u>	<u>Contact</u>
<u>MONDAY</u>	9.30am & 11.15am	<u>Yoga</u> with <b>Bruni</b>	<a href="http://www.thevitalitystudio.co.uk">www.thevitalitystudio.co.uk</a> 07989 674 144
<u>MONDAY</u> fortnightly	7.1 - 9.15pm	<u>Yoga/Tango</u> with <b>Kathryn</b>	
<u>TUESDAY</u>	9.30am	<u>Westwood</u> <u>Tuesday Art</u> <u>Group</u>	Jane 07817 505445 <a href="mailto:westwoodtuesdayartgroup@outlook.com">westwoodtuesdayartgroup@outlook.com</a> Ann 01225 832860
	6 – 8pm	<u>Yoga</u> with <b>Christian</b> <b>Daily</b> <b>Practice</b>	<a href="https://www.dailypractice.me">https://www.dailypractice.me</a> 07752 165405
<u>WEDNESDAY</u>	9.10am - 12.30pm	<u>VITA Pilates</u> with <b>Samm</b>	<a href="mailto:Samm@vitapilates.co.uk">Samm@vitapilates.co.uk</a> 07968 345 081
	6.15 - 8.15pm	<u>BBH Pilates</u> with <b>Hannah</b>	<a href="mailto:hannahgrobinson100@gmail.com">hannahgrobinson100@gmail.com</a>
<u>THURSDAY</u>	9.30am - 12.30pm	<u>Watercolour</u> <u>Painting</u> <u>Classes</u>	<a href="mailto:rachelmoya@googlemail.com">rachelmoya@googlemail.com</a> 01225 862 348
<u>FRIDAY</u>	9.30am – 12.30pm	<u>Watercolour</u> <u>Painting</u> <u>Classes</u>	<a href="mailto:rachelmoya@googlemail.com">rachelmoya@googlemail.com</a> 01225 862 348
	1.45 – 2.45pm	<u>Tai Chi</u> with <b>Judith</b>	

## SATURDAY

*available for private hire*

[bookingsparishrooms@gmail.com](mailto:bookingsparishrooms@gmail.com)

## SUNDAYS ONLY

*during Westwood Manor opening hours (2pm – 5pm)*

*serving delicious Teas and Cakes*

Westwood Parish Room Charity is a registered Charitable Incorporated Organisation with Registered number **1161872**  
with its office in England at 18a Woolley Street Bradford on Avon Wiltshire BA15 1AF