



MONDAYS

09:30 - 10:15
Monday Morning Relaxation
Guided relaxation and mindfulness
Free, Drop-in

13:00 - 15:00
Disabled People's Drop-in
With Bristol Disability Equality Forum. For anyone who identifies as disabled.
Free, Drop-in

18:30 - 20:30
Level Up Youth Club
Fun activities for ages 10+, Free, Drop-in,

Got an Idea?

Want to run a class or activity contact Jess:
community@vassallcentre.org.uk



VISIT OUR WEBSITE FOR MORE INFO

www.VassallCommunityHub.org.uk or call 0117 965 9630

TUESDAYS

09:00 - 10:00
Qigong with Lou

£7/5 conc. Move, breathe, connect, restore. Drop-in

10:00 - 11:00
Women's Yoga
£3. Please book, contact Asma on 07838 183949

11:15 - 12:15
Golden Oldies
Music & singing. First Tuesday of the month. £3 Donation. Drop-in

12:00 - 14:00
Lunch Club
For older/isolated adults £5. Call 0117 965 9630

17:45 - 18:30
Inclusive Dance
Ages 5-16 with complex disabilities. Free, call 07599 104 405

WEDNESDAYS

09:30 - 11:00
Tea and Tots
Under 5's, £1/£2 donation. Please book lifechurchbristol.com/calendar/

10:00 - 12:00
Carer's Community Café
4th Weds of the month. Free, Drop in.

14:00 - 15:30
Friendship & Exercise Club
Gentle exercise, games and refreshments. £5, Drop-in

19:30 - 21:30
Talk Club
Fortnightly talking community for men 18+ email: Jamestalkclub@gmail.com

THURSDAYS

09:15 - 10:00
Women's Boxfit
£7. Please book, text Jane on 0775 123 7049

10:30 - 12:00
Soup & Social
All welcome, free toastie, soup, tea and coffee. Meet your neighbours and find out more about the community Hub

12:00 - 13:00
Gospel Choir
£5 donation, Drop-in

14:00 - 14:45
Gentle Exercise
For older people, Please book 0117 328 6250

17:00 - 17:45
Inclusive Yoga
Fortnightly, Ages 5-16 with complex disabilities, Free, Call 07599 104 405

FRIDAYS

10:00 - 11:00
Tai Chi
Tai chi, qigong & shibashi. £5, please book 07777 493 281

18:00 - 19:30
Life Church Kids Club
Fun activities and games for reception to year 6, Free, Drop-in

20:00 - 21:30
Life Church Youth Club
Fun youth activities for Ages 11-18, Free, Drop-in



Vassall Community Hub, Gill Avenue, Fishponds BS16 2QQ

Visit our
Community Notice Board
For more events & activities



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