

Activities timetable

All classes are suitable for beginners or those more experienced.

Activity	Day	Time	Location	Cost	Class Objective?
Gentle Yoga	Mondays	10-11am	The Bubble, 4-5 Chapel Court, BA1 1SQ	£3.50	Our gentle yoga class has positive benefits for the mind, body and soul.
Gentle Yoga	Mondays	11:30am-12:30pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£3.50	Our gentle yoga class has positive benefits for the mind, body and soul.
Sewing Machine Class	Mondays	10-12pm	Royston Tucker Room, Combe Park, BA1 3NF	£5.00	Perfect for those who want to make their own clothes or learn alterations and reshaping skills. Whatever your skill level, our tutor will be on hand to support your projects.
Chair Based Yoga	Mondays	12pm-1pm	Southdown Methodist Church	£3.50	Includes accessible and modified yogic postures for "all bodies", breathing exercises, relaxation, meditation, and mindfulness. Designed to be fun whilst enhancing strength and co-ordination.
Ballet	Mondays	2-2:45pm	The Chapel, 4-5 Chapel Court, BA1 1SQ	£18 per 6 week term	Whether you're an experienced dancer, or are a complete novice, this class welcomes learners of all abilities.
Get Creative	Tuesdays	10am-12pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£5.00	Develop creativity in drawing and painting with different media as part of a sociable group. Tuition is given, making the class suitable for all skill levels.
Mindful Art	Tuesdays	10:30am-12:30pm	The Hub, Penn Hill Road, Bath BA1 4EH	£5.00	Mindful Art is a combination of art and mindfulness. Create circular designs which you then colour to achieve a sense of inner peace and wellbeing.
Seated Pilates	Tuesdays	10:45-11:30am	Royston Tucker Room, Combe Park, BA1 3NF	£3.50	Designed to help improve movement, flexibility, alignment, and posture, whilst easing aches and pains. The exercises are for a range of abilities, from beginner to intermediate level.
Floor Based Pilates	Tuesdays	12-12:45pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£3.50	Designed to help improve movement, flexibility, alignment, and posture, whilst easing aches and pains. The exercises are for a range of abilities, from beginner to intermediate level.
Seated Pilates	Tuesdays	1-1:45pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£3.50	Designed to help improve movement, flexibility, alignment, and posture, whilst easing aches and pains. The exercises are for a range of abilities, from beginner to intermediate level.
Ballet	Tuesdays	2-2:45pm	The Chapel, 4-5 Chapel Court, BA1 1SQ	£18 per 6 week term	Whether you're an experienced dancer, or are a complete novice, this class welcomes learners of all abilities.

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Cook & Eat	Tuesdays	2:30-5pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£5.00	The class is for food lovers who want to learn new culinary skills. The benefits are far greater than gaining new cooking skills, with social interaction being at the heart of the group.
Chair Yoga and Exercise	Wednesdays	10:30-11:30am	Zoom & The Bubble	£3.50	Work through the major muscles of the body, strengthening them while improving balance. Breathing exercises are incorporated to help promote ease and calm. Everyone is encouraged to work to their own ability or age.
Connecting Generations Tech Support	1st and 3rd Thursday of the month	11-1pm	Royston Tucker Room, Combe Park, BA1 3NF	Free	If you're struggling with your iPad, computer or smartphone, Connecting Generations is an opportunity for you to get the help you need from Bath Spa University students.
Thursdays Art Group	Thursdays	10am-12pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£5.00	In this class you will develop the skills needed to create quality work, whilst exploring art history and different techniques.
Tai Chi Movement for Wellbeing	Thursdays	10-11am	Zoom	£3.50	Tai Chi Movements for Wellbeing (TMW) is an easy-to-learn sequence of twelve movements designed to promote physical and emotional wellbeing. TMW can be practised standing, sitting and through visualisation, so is accessible to all.
Stitch Thursday	Thursdays	10am-12pm	Royston Tucker Room, Combe Park, BA1 3NF	£5.00	Join our weekly group to connect with others, share ideas, and learn a new skill while creating something beautiful. Whatever your ability, learn new skills with tuition and support.
Connecting Generations Tech Support	Wednesdays	2-4pm	Chapel House, 4-5 Chapel Court, BA1 1SQ	Free	If you're struggling with your iPad, computer or smartphone, Connecting Generations is an opportunity for you to get the help you need from Bath Spa University students.
Stitch Friday	Fridays	10:30am-12:30pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£5.00	Join our weekly group to connect with others, share ideas, and learn a new skill while creating something beautiful. Whatever your ability, learn new skills with tuition and support.
Artful Stitchers	Fridays	2-4pm	The Bubble, 4-5 Chapel Court, BA1 1SQ	£5.00	For more experienced and confident stitchers who need less guidance with their advanced projects. A chance to relax, share ideas, and refine your skills with like-minded people.
BathShed	Fridays	1-5pm	The Workshop, 4-5 Chapel Court	£2.50	With activities often like those of a garden shed, this community shed group is for attendees to connect, converse, create and have fun. Come along and try out your carpentry skills.