

Uplyme Morrismen—Peter Morton 07917 748087/petermorton56@googlemail.com

Walking Football—Bridport Youth Centre 01308 456161 / 01308 422500

Wessex Morris Men— Ray Dyson 01258 818237 / bagman@wessexmorrismen.co.uk

West Bay Canoes—www.westbaycanoes.co.uk

West Dorset Ramblers Association- www.westdorsetramblers.org.uk

Yoga, Pilates & Meditation

Aquila Yoga - Vinyasa Flow teacher 07880643854

Asanas and more Yoga, Bridport - 07443847677

Bonhays Meditation and Retreats - 01297 489615

Garden Studios - Yoga & Therapies info@gardenstudiosbridport.co.uk / 01308 538112 / 07734 511287

Hatha Yoga Classes - Corrie van Rijn 01308 485544 / corrievanrijn@aol.com

Hatha Yoga Classes - Karen 07947 552232

Pilates - Diana Takezoe dtakezoe@gmail.com/07484 841192/01297 489589

Wisdom Tree Yoga and Meditation with Sally and Michael - 07740 409401

Yoga - St Mary's Church Hall Bridport Lesley Wilson 01308 898 116 / 07789 492043

Yogaspace—Symondsburly Janie 07792 056019

Yoga with Leah - 07877 615190

Yoga with Nadiya - Bridport Leisure Centre 07800712998 / www.yogawithnadiya.co.uk

Also see listings at The Unitarian Chapel in the Garden - 07887 675161

FITNESS, DANCE & HEALTH GROUPS IN AND AROUND THE BRIDPORT AREA



Whilst every effort has been made to ensure that the information contained in this leaflet is correct at the time of print, Bridport Town Council cannot accept any responsibilities for any errors or omissions. Inclusion in this leaflet does not imply any recommendation by Bridport Town Council.

Bridport Tourist Information Centre January 2020.

Adult Ballet—Carla Sheills 07866 896978

Aerial Silks—Bridport Youth Centre Charlie 07958 480551

Aqua Fit/Aqua Natter—Penny Yarnold 07970 879047

Ballet at the Lyric— Bridport www.lyricschoolofdancing.co.uk/01308427050

Ballroom & Latin Classes—07427 860403

Barracudas Swimming—Bridport Leisure Centre 01308 427464

Barracudas Water Polo—Bridport Leisure Centre 01308 427464/07917 105919

B Fit Leisure— Beaminster 01308 861775/info@bfitleisure.com

Bridport Aikido Club—www.bridportaikido.co.uk/mail.jakesweb.co.uk/ 01308 459364

Bridport Ceilidhs—01308 423442

Bridport Clay Pigeon Shooting Club - Last Sunday of the month. Doug 01308 422126 / 07775 717001

Bridport Football Club— www.bridportfc.co.uk/ 07785872522

Bridport Gig Club—Anna Pretty 07869 629350/secretary@bridportgigclub.org

Bridport Golf Club—01308 421095

Bridport Health Walks— 01305 252263/ sarahdavies@dorset.gov.uk

Bridport Leisure Centre—01308 489464 www.bridportleisure.com

Biodanza, Joys of Dance—bookings@othona-bb.org.uk / 01308 897130

Cricket Club—Bridport.play-cricket.com

Dynamic Dance— 07740 349393 / www.dynamic-dance.uk

Evolution Martial Arts Bridport— 07888 732312

Exercise to Music Classes/Extend Chair Based Class—Suzie 01308 426390/07900 864886

West Dorset Fencing Club—07786 354403

First Class Dance—[firstclass4dance@gmail.com/07427860403](mailto:firstclass4dance@gmail.com)

Flamenco Classes—Salud 01308 485772/saludbotella@yahoo.es

Folk Dance Club—Monty 01308 423442

Hawks Hockey Club—www.westdorsethc.co.uk

Health Walks—Weymouth 01305 252263/leisure@westdorset-weymouth.gov.uk

Historical Dance Class—[annhinchliffe@hotmail.com/01935472771](mailto:annhinchliffe@hotmail.com)

Hula Hoop Sessions—Bridport Youth Centre Debbie 07585 356929

Ichinen Jiu - Jitsu Bridport—07968 235486

Indoor Bowls Club—01308 424074

Integrity Kickboxing Classes—Bridport Rugby Club Dave 07805 334559/david.p.shepherd2013@gmail.com

Luke Hayter Fitness— 07935 098317/ luke@lukehayterfitness.co.uk

New Body Fitness Bridport— 01308 423108

Perfect Pirouettes Ballet— [joanneperfect@aol.com/07876132691](mailto:joanneperfect@aol.com)

Reboot Dorset Fitness Bootcamp UK— 07899 833084 / info@rebootdorset.com

Rockburn Indoor Climbing Centre—[hello@rockburn-bridport.co.uk/01308426375](mailto:hello@rockburn-bridport.co.uk)

Bridport Runners—www.bridport-runners.co.uk/ 01308 459942/
jane_brianshelley@yahoo.co.uk

Scottish Dancers—Bridport Malcolm 01297 639203 or Caroline 01308 538141
www.bridportscottishdancers.org.uk

Sing & Stroll, Rock & Ramble - Walking and singing in the great outdoors 07817 397331 / timeandscale@gmail.com

South West Kickboxing - Bridport Youth Centre/ Salwayash Village Hall 07882 841862

Street Dancing Classes - Symondsburry 07765 971357/
bridportyouthdance01@gmail.com

Swimming Lessons—Dan Dew 07517 950037

The Swing Dance Company—www.theswingdancecompany.co.uk

Symene Sports Club—01308 421558

Table Tennis - Over 50's only. Graham 07731 447119

TAGB Taekwondo—Bridport Youth Centre Steve 07787 447838

Tennis Lessons—Joe Chadwick 07872 645230/climate8tennis@hotmail.com

Tennis Club—01308 427432/www.bridporttennis.org.uk

The Hyde Tennis Court—01308 420777/www.hyderealtennis.co.uk

Tripudio Movement—01308 538112/www.tripudiomovement.co.uk