

The Lyric School of Dancing- 07796 614806 / [teresagrinter@gmail.com](mailto:teresagrinter@gmail.com)  
Triudio Movement- 07734511287 / [juliagardenstudio@gmail.com](mailto:juliagardenstudio@gmail.com) / [https://  
gardenstudiosbridport.co.uk](https://gardenstudiosbridport.co.uk)

Lyme Morris- Peter Morton 07917 748087/[petermorton56@googlemail.com](mailto:petermorton56@googlemail.com)

Wessex Morris Men- Ray Dyson 01258 818237 / [bag-  
man@wessexmorrismen.co.uk](mailto:bag-man@wessexmorrismen.co.uk)

West Bay Canoes- [www.westbaycanoes.co.uk](http://www.westbaycanoes.co.uk)

West Dorset Ramblers Association- 0207 339 8595 /  
[www.westdorsetramblers.org.uk](http://www.westdorsetramblers.org.uk)

### Yoga, Pilates & Meditation

Chair Yoga- Chapel in The Garden, East Street. Thurs 11-12pm [lucydanceyo-  
ga@gmail.com](mailto:lucydanceyoga@gmail.com)

Aquila Yoga - Vinyasa Flow teacher 07880643854 / [aquila@dunfordwood.com](mailto:aquila@dunfordwood.com)

Bonhays Meditation and Retreats - 07711 066 059 / [bon-  
hays.calendar@gmail.com](mailto:bon-hays.calendar@gmail.com)

Forever Active Yoga- Hatha Yoga classes, and 1 to 1 classes. [foreveractivey-  
oga@gmail.com](mailto:foreveractiveyoga@gmail.com)

Garden Studios - Yoga & Therapies [info@gardenstudiosbridport.co.uk](mailto:info@gardenstudiosbridport.co.uk) / 01308  
538112 / 07734 511287

Opal Yoga- 07769 684064/ [info@opaldorset.co.uk](mailto:info@opaldorset.co.uk)

The Glow Collective (various classes) – 07906 398040 [sarahchurch-  
ill@phonecoop.coop](mailto:sarahchurchill@phonecoop.coop). Check events to book with individual Teachers:  
[www.theglowcollectivebridport.co.uk](http://www.theglowcollectivebridport.co.uk)

Yoga - St Mary's Church Hall, Bridport. Lesley Wilson. 07789 492043/ [lesleywil-  
son18@hotmail.com](mailto:lesleywilson18@hotmail.com)

Yogaspace—Symondsburry, [www.yogaspacebridport.com](http://www.yogaspacebridport.com) / Janie 07792 056019

Yoga with Leah - [www.leahmiles.co.uk](http://www.leahmiles.co.uk) / 07877 615190

# 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 March 2025.

**Adult Ballet**—Carla Sheills 07866 896978 / [elegantmovement@gmail.com](mailto:elegantmovement@gmail.com)

**Aerial Silks**— BYCC Charlie 07958 480557 / [Charlie@charliebicknell.co.uk](mailto:Charlie@charliebicknell.co.uk)

**Badminton**- St Andrew's Community Hall, Charmouth DT6 6LH. 10am-1pm  
07709022299

**Ballroom & Latin Classes**— Charlton Down Village Hall, 07427 860403

**Barracudas Swimming**—Bridport Leisure Centre 01308 427464

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

**Bridport Aikido Club**—[www.bridportaikido.co.uk/mail@jakesweb.co.uk/](http://www.bridportaikido.co.uk/mail@jakesweb.co.uk/) 01308  
459364

**Bridport Football Club**— [www.bridportfc.co.uk/](http://www.bridportfc.co.uk/) 07785872522

**Bridport Folk Dance Club**- meet every Monday at 7.15 in The W.I.Hall, North Street.  
Contact Sue or Mike 01308 458 165 or 01308 863 552.

**Bridport Gig Club**— [members@bridportgigclub.org](mailto:members@bridportgigclub.org)

**Bridport Golf Club**—01308 421095

**Bridport Health Walks**- 01305 252222/ [sarahdavies@dorset.gov.uk](mailto:sarahdavies@dorset.gov.uk)

**Bridport Leisure Centre**- [01308 427464/ www.bridportleisure.com](http://01308.427464/www.bridportleisure.com)  
**Biodanza, Joys of Dance**- [bookings@othona-bb.org.uk/](mailto:bookings@othona-bb.org.uk) 01308 897130

**Charlotte Grace Pilates**- [www.charlottegracepilates.co.uk/](http://www.charlottegracepilates.co.uk/) 07846 388627

**Butt Fitness**- [gracebutt99@gmail.co.uk/](mailto:gracebutt99@gmail.co.uk) 07849 262503

**Dance for Adults**- Crepe Farm Business Park, DT6 6EX. Tap, Contemporary, Street  
and more. Contact Nikki Northover- [nikkinorthover43@gmail.com/](mailto:nikkinorthover43@gmail.com/)  
[www.bridportyouthdance.org.uk](http://www.bridportyouthdance.org.uk)

**Dynamic Dance**- learn to dance - solo, partnered, vintage or modern. 07740  
349393 / [www.dynamic-dance.uk](http://www.dynamic-dance.uk)

**West Dorset Fencing Club**- Dorchester Rd, Weymouth. 07786 354403

**Grace and Growl**- is a contemporary dance company of older dancers. 07887 493  
893/ [graceandgrowl@gmail.com](mailto:graceandgrowl@gmail.com)

**Hawks Hockey Club**- [www.westdorsethc.co.uk/](http://www.westdorsethc.co.uk/) 0774 868 2810

**Ichinen Jiu - Jitsu Bridport**- 07968 235486

**Indoor Bowls Club**- 01308 424074/ [www.bridportindoorbowls.co.uk](http://www.bridportindoorbowls.co.uk)

**Integrity Kickboxing Classes**- Bridport Rugby Club Dave 07805 334559/ [david@integritymartialarts.co.uk](mailto:david@integritymartialarts.co.uk)

**Luke Hayter Fitness**- 07935 098317/ [luke@lukehayterfitness.co.uk](mailto:luke@lukehayterfitness.co.uk)

**New Body Fitness Bridport- Gym**, Gore Cross, Bridport. [07897 022307](http://07897.022307)  
**Perfect Pirouettes Ballet**- Adult and children's Jazz and RAD Ballet classes on Tues-  
days, Wednesdays and Thursdays at Bridport Leisure Centre. joanne-  
[perfect@aol.com/07876 132691](mailto:perfect@aol.com)

**Rockburn Indoor Climbing Centre**- [hello@rockburn-bridport.co.uk/01308 426375](mailto:hello@rockburn-bridport.co.uk)

**Bridport Runners**- 07810 825311 / [bridportrunnerssecretary@hotmail.com](mailto:bridportrunnerssecretary@hotmail.com)

**Scottish Dancers- St Mary's Church House** Wednesdays 7:15pm. Call Caroline  
01308 538141 or Malcolm 07790 323343 or [www.bridportscottishdancers.org.uk](http://www.bridportscottishdancers.org.uk)

**South West Kickboxing** - Bridport Youth Centre [07900168149/ alckickbox-  
ing@gmail.com](http://07900168149/alckickboxing@gmail.com)

**Swim School**- Penny Yarnold 07970 879047 / [pennyarnold@yahoo.co.uk](mailto:pennyarnold@yahoo.co.uk)

**The Swing Dance Company**- Dorchester, [www.theswingdancecompany.co.uk](http://www.theswingdancecompany.co.uk)

**Symene Sports Cricket Club**- 01308 421558/ [symenesports.play-cricket.com](http://symenesports.play-cricket.com)

**Table Tennis** - Bridport Youth and Community Centre, Fridays 3-4pm. Over 50's  
only. Graham 07731 447119

**TAGB Taekwondo**- Loders Village Hall, Steve 07787 447838/ [stevemines@gmail.com](mailto:stevemines@gmail.com)

**Tennis Club**- 01308 423634/[www.bridporttennis.org.uk](http://www.bridporttennis.org.uk) or 01308 424901 / Bridport  
TIC to book a court.

**The Hyde Tennis Court**- 01308 420777/[www.hydealtennis.co.uk](http://www.hydealtennis.co.uk)