

The Lyric School of Dancing- 07796 614806 / teresagrinter@gmail.com
Tripudio Movement- 07734511287 / juliagardenstudio@gmail.com / <https://gardenstudiosbridport.co.uk>

Lyme Morris- Peter Morton 07917 748087/petermorton56@googlemail.com

Wessex Morris Men- Ray Dyson 01258 818237 / bag-man@wessexmorrismen.co.uk

West Bay Canoes- www.westbaycanoes.co.uk

West Dorset Ramblers Association- 0207 339 8595 / www.westdorsetramblers.org.uk

Yoga, Pilates & Meditation

Chair Yoga- Chapel in The Garden, East Street. Thurs 11-12pm lucydanceyoga@gmail.com

Aquila Yoga - Vinyasa Flow teacher 07880643854 / aquila@dunfordwood.com

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

Forever Active Yoga- Hatha Yoga classes, and 1 to 1 classes. foreveractiveyoga@gmail.com

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

Opal Yoga- 07769 684064/ info@opaldorset.co.uk

The Glow Collective (various classes) – 07906 398040 sarahchurchill@phonecoop.coop. Check events to book with individual Teachers: www.theglowcollectivebridport.co.uk

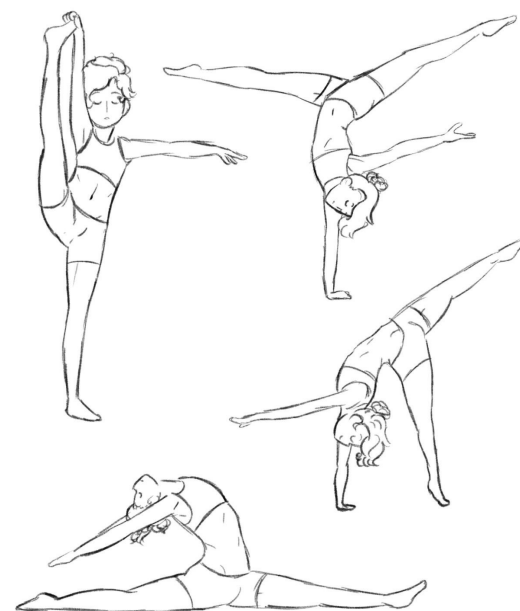
Yoga - St Mary's Church Hall, Bridport. Lesley Wilson. 07789 492043/ lesleywilson18@hotmail.com

Yogaspace—Symondsburry, www.yogaspacebridport.com / Janie 07792 056019

Yoga with Leah - 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 2026

Adult Ballet—Carla Sheills 07866 896978 / elegantmovement@gmail.com

Aerial Silks— BYCC Charlie 07958 480557 / 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/ 01308 459364

Bridport Based Paddle Sports Club— Heritage Canoe Club, Paula - 07809 574975

Bridport Football Club— 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

Bridport Golf Club—01308 421095

Bridport Health Walks- 01305 252222/ 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 / 01308 897130

Charlotte Grace Pilates- 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

Dynamic Dance- learn to dance - solo, partnered, vintage or modern. 07740 349393 / 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

Hawks Hockey Club- www.westdorsethc.co.uk/ 0774 868 2810

Ichinen Jiu - Jitsu Bridport- 07968 235486

Indoor Bowls Club- 01308 424074/ www.bridportindoorbowls.co.uk

Integrity Kickboxing Classes- Bridport Rugby Club Dave 07805 334559/ david@integritymartialarts.co.uk

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

Move and Groove-ages 55-90 years Fridays 10.15am-11.15am Contact Nik-
ki:nikkinorthover43@gmail.com

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 Tuesdays, Wednesdays and Thursdays at Bridport Leisure Centre. joanne-perfect@aol.com/07876 132691

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

Bridport Runners- 07810 825311 / 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

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

Swim School- Penny Yarnold 07970 879047 / pennyarnold@yahoo.co.uk

The Swing Dance Company- Dorchester, www.theswingdancecompany.co.uk

Symene Sports Cricket Club- 01308 421558/ 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

Tennis Club- 01308 423634/www.bridporttennis.org.uk or 01308 424901 / Bridport TIC to book a court.

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