



www.BedfordHouse.org.uk 020 8504 6668 Enquiries@bedfordhouse.org.uk

Arts & Crafts - Health, Fitness & Wellbeing - Leisure Activities - Space Hire

Week commencing 1 August

Monday 1 Aug	Tuesday 2 Aug	Wednesday 3 Aug	Thursday 4 Aug	Friday 5 Aug
	9:45 – 11:15 Yoga w Jacqui S22-018		10:00 – 11:30 Gentle Yoga w Kim S22-020	9:45 – 11:00 Pilates w Belinda S22-015
	11:30 – 12:30 Ballet A w Belinda S22-002		10:00 – 12:30 Ceramics – Pottery and Sculpture in Clay w Esther S22-043	
	12:30 – 13:30 Ballet B w Belinda S22-003	10:00 – 12:00 Inter-generational Activity – Ceramics w Esther S22-041		10:00 – 12:00 Inter-generational Activity – Dabbling in Crafts w Margaret S22-034
19:30 – 20:30 Aerobics w Jenn £31 for 4 sessions S22-001				

Week commencing 8 August

Monday 8 Aug	Tuesday 9 Aug	Wednesday 10 Aug	Thursday 11 Aug	Friday 12 Aug
11:30 – 12:30 Ballet A w Belinda S22-002	9:45 – 11:15 Yoga w Jacqui S22-018		10:00 – 11:30 Gentle Yoga w Kim S22-020	9:45 – 11:00 Pilates w Belinda S22-015
12:30 – 13:30 Ballet B w Belinda S22-003		10:00 – 12:00 Watercolours – Painting Wildflowers and Garden Flowers, w Katherine 1 of 2 S22-047		
10:00 – 12:00 Inter-generational Activity – Art & the Natural Environment w Olivia S22- 048				10:00 – 12:00 Inter-generational Activity – Dabbling in Crafts w Margaret S22-034
19:30 – 20:30 Aerobics w Jenn S22-001				

For intergenerational activities please note:

- Children must be accompanied by a responsible adult who supervises the child / children they accompany at all times whilst at Bedford House.
- The adult in charge of children must be over the age of 18 and take responsibility for the child or children they are accompanying at all times whilst at Bedford House.
- Bedford House is unable to supervise children and decline any responsibility. Unaccompanied children will not be accepted onto courses.

Fees available from our website.

Week commencing 15 August

Monday 15 Aug	Tuesday 16 Aug	Wednesday 17 Aug	Thursday 18 Aug	Friday 19 Aug
11:30 – 12:30 Ballet A w Belinda S22-002	9:45 – 11:15 Yoga w Jacqui S22-018		10:00 – 11:30 Gentle Yoga w Kim S22-020	9:45 – 11:00 Pilates w Belinda S22-015
12:30 – 13:30 Ballet B w Belinda S22-003		10:00 – 12:00 Watercolours – Painting Wildflowers and Garden Flowers, w Katherine 2 of 2 S22-047	10:00 – 12:30 Ceramics – Pottery and Sculpture in Clay w Esther S22-043	
10:00 – 12:00 Inter-generational Activity – Art & the Natural Environment w Olivia S22- 048		10:00 – 12:00 Inter-generational Activity – Ceramics w Esther S22-041		
19:30 – 20:30 Aerobics w Jenn S22-001				
Sunday 21 Aug 10:00 – 12:30 Sculpture in Clay – Life Model Head Portraits w Esther. 1 of 3.				

Week commencing 22 August

Monday 22 Aug	Tuesday 23 Aug	Wednesday 24 Aug	Thursday 25 Aug	Friday 26 Aug
	9:45 – 11:15 Yoga w Jacqui S22-018		10:00 – 11:30 Gentle Yoga w Kim S22-020	9:45 – 11:00 Pilates w Belinda S22-015
	11:30 – 12:30 Ballet A w Belinda S22-002		10:00 – 12:30 Ceramics – Pottery and Sculpture in Clay w Esther S22-043	
10:00 – 12:00 Inter-generational Activity – Art & the Natural Environment w Olivia S22- 048	12:30 – 13:30 Ballet B w Belinda S22-003	10:00 – 12:00 Inter-generational Activity – Ceramics w Esther S22-041		
19:30 – 20:30 Aerobics w Jenn S22-001				
Sunday 28 Aug 10:00 – 12:30 Sculpture in Clay – Life Model Portraits w Esther. 2 of 3.				

Week commencing 29 August

Monday 29 Aug Bank Holiday	Tuesday 30 Aug	Wednesday 31 Aug	Thursday 1 Sept	Friday 2 Sept
	11:30 – 12:30 Ballet A w Daniela S22-002		10:00 – 11:30 Gentle Yoga w Kim S22-020	9:45 – 11:00 Pilates w Belinda S22-015
	12:30 – 13:30 Ballet B w Daniella S22-003		10:00 – 12:30 Ceramics – Pottery and Sculpture in Clay w Esther S22-043	
		10:00 – 12:00 Inter-generational Activity – Ceramics w Esther S22-041		10:00 – 12:00 Inter-generational Activity – Dabbling in Crafts w Margaret S22-034
Sunday 4 September: 10:00 – 12:30 Sculpture in Clay – Life Model Portraits w Esther. 3 of 3.				

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Fees

Inter-generational Activities, 1 session of 2 hours Art with items from the Natural Environment Ceramics Crafting	£19 for 1 adult + 1 child; £29 for 1 adult + 2 children; £35 for 1 adult + 3 children; For larger groups please enquire via enquiries@BedfordHouse.org.uk or 020 8504 6668. For ceramics activities the firing in our kiln may incur a small extra fee dependent on the size of the items produced. Small items are free of charge.
Aerobics	£31 for 4 sessions of 1 hour
Ballet A	£9 for 1 session of 1 hour
Ballet B	£12 for 1 session of 1 hour
Pilates	£50 for 5 sessions of 1.25 hours
Yoga	£52.50 for 5 sessions of 1.5 hours
Yoga	£42.00 for 4 sessions of 1.5 hours
Ceramics – Pottery and Sculpture in Clay	£90 for 4 sessions of 2.5 hours
Ceramics - Sculpture in Clay – Head Portraits with Life Model	£115 for 3 sessions of 2.5 hours
Watercolours	£39 for 2 sessions of 2 hours

Revised 12 July 2022