Weekly Regular Events in Ottery St Mary

Every Monday Cardio and Strength via Zoom 7-7.45am Contact Genevieve, Ottery Forest Fit 07496 838951

Every Monday Postnatal Rehab sessions 10-11am at JW Dance Studio with Lynn. Contact via www.rebalancewithlynn.com

Every Monday GENTLE YOGA 10.30am-11.45am in The Institute; contact Lesley Toy 01404 812577. Beginners welcome

Every Monday Ottery St Mary Handbell Ringers, 1.30-4.30pm in The Institute. Contact Kate Nicholson on 01395 516941

Every Monday Over 50s Table Tennis 2pm in the United Reform Church Hall. Tel Paul Puddicombe 07902 795619

Every Monday 06 Juniors Youth Drop In (Years 9 upwards) 3.30-4.45pm at the Station Community Hub

Every Monday Space Juniors Youth Club (Years 7&8) 6.30-8.30pm at the Station Community Hub

Every Monday Short Mat Bowls 7pm-10pm in The Institute

Every Monday Brass Class practice 7.30pm in The Band Room. Info from Brian Baker 01404 814502

Every Tuesday Citizens Advice 9.30-11.30am in the Town Council offices

Every Tuesday Coffee & Chat 10am-11am in the Dorset Aisle, Parish Church

Every Tuesday Men’s Shed in Hind Street opposite Sainsburys carpark 10am-4pm. Contact [mensshedottery@gmail.com](mailto:mensshedottery@gmail.com) or Rob Petrie on 01404 371678

Every Tuesday “Boogie Babies”. An interactive class for parents/carers and pre-school children 10-11am in The United Reform Church Hall. More info – [danceactionosm@hotmail.co.uk](mailto:danceactionosm@hotmail.co.uk)

Every Tuesday Seated/Standing Move It or Lose It exercise class 10-11am in The Institute. Contact Genevieve 07496 838951

Every Tuesday General Yoga 6.15-7.45pm in The Institute. Contact Lesley Toy 01404 812577

Every Tuesday Run Fitness 6.30-7.15pm in Ottery. Contact Genevieve, Ottery Forest Fit 07496 838951

Every Tuesday Walking Football. Open to male and female players. 6.30-7.30pm at Ottery Leisure Centre. 1st session free then £3.50 per session. For more info and to book a place call 01404 42325

Every Tuesday Otter Valley Rotary Club meet 7pm at The Tumbling Weir Hotel. More in from David Incoll by email [d.incoll@live.co.uk](mailto:d.incoll@live.co.uk)

Every Tues Mindful Gentle Yoga classes with Lynn 7-8pm at JW Dance Studio. Contact via [www.rebalancewithlynn.com](http://www.rebalance)

Every Weds Calm, Core and Strength Pilates 9.15-1015am at East Hill. Contact Genevieve, Ottery Forest Fit 07496 838951

Every Weds Short Mat Bowls in The Institute 9.45am-12Noon

Every Weds Ottery Petanque Club, Strawberry Lane 2pm. Info from John 01392 873796 or Mike 07410 593594

Every Weds The Hub Youth Drop In Café at The Station Youth Centre 3.30-4.45pm for Years 7 and 8

Every Weds ZOOM Hatha Yoga 6.30-7.45pm. Contact Lesley Toy 01404 812577

Every Weds Ottery Choral Society rehearse September to March 7.30-9.30pm in The United Reformed Church, Yonder Street. Contact Rob Clay on 01395 567746

Every Thursday HATHA YOGA 9.15-10.45am at Ottery Football Club. Contact Lesley Toy 01404 812577. Beginners welcome

Every Thursday Gentle Exercise Classes for Mobility/Co-ordination/Flexibility/Breathing/Relaxation. Also includes simple dance routines 9.45-10.45am in The United Reform Church Hall. More info – [danceactionosm@hotmail.co.uk](mailto:danceactionosm@hotmail.co.uk)

Every Thursday Music for Wellbeing group 10.30am-12Noon at The Station Hub, Ottery. To attend contact Ottery Help Scheme on 01404 813041

Every Thursday Men’s Shed in Hind Street, opposite Sainsburys carpark 10am-4pm. See Tues for contact details

Every Thursday Adult Dance and Exercise Class 7-8.30pm in The Feoffee Room, Brook Street. More info – [danceactionosm@hotmail.co.uk](mailto:danceactionosm@hotmail.co.uk)

Every Thursday Seniors Youth Club (Years 9 to 19 years of age) 6.30-8.30pm at The Station Community Hub

Every Thursday La La Choir practice 7-9pm in The United Reform Church, Jesu Street. To join or more info email [info@lalachoirs.co.uk](mailto:info@lalachoirs.co.uk)

Every Thursday Ottery Tae Kwon-Do Club at The Scout Centre, Winters Lane. 6-6.50pm - Family and Junior Class & 7.10-8pm – Seniors Class. Contact [Taylor.tkd@hotmail.co.uk](mailto:Taylor.tkd@hotmail.co.uk) or Andy (Mr T) 07596 409626

Every Thursday Ottery Silver Band practice 7.30pm in Escot Village Hall. Info from Brian Baker on 01404 814502

Every Friday Run Fitness 8.30-9.30am in Ottery. Contact Genevieve, Ottery Forest Fit 07496 838951

Every Friday HATHA YOGA 9.30-11am at Ottery Football Club. Contact Lesley Toy 01404 812577. Beginners welcome

Every Friday “Songs and Stories” 9.30-10am in Ottery Library. Songs and Rhymes for 0-4 year olds and their carers

Every Friday Free self-weigh facilities for babies, 9.30-11.30am in Ottery Library

Every Friday Men’s Shed in Hind Street, opposite Sainsburys carpark. 10am-4pm. See Tues for contact details

Every Friday Ottery Help Scheme Seated Exercise classes 10.30am-12noon and 1.30-3pm at The British Legion Club, West Hill. £5 which includes refreshments. Contact [info@otteryhelpscheme.org.uk](mailto:info@otteryhelpscheme.org.uk) or 01404 813041

Every Friday Mindfulness Meditation class 11-11.40am by Zoom. Contact Kathryn on 07443006293 or mindfulporlock@gmail.com

Every Friday Craft and a Cuppa, 2-3pm in Ottery Library. Bring your crafts to have a chat and a cuppa whilst doing

Every Friday The Hub Youth Drop In Café at The Station Youth Centre 3.30-4.45pm for Secondary Aged young people

Every Friday Lego Club 4-5pm in Ottery Library. Drop in

Every Sarurday Children’s Dance Classes from 5 years upwards. 9-11.15am in The United Reform Church Hall. Email [danceactionosm@hotmail.co.uk](mailto:danceactionosm@hotmail.co.uk)

Every Saturday Ladies welcome at Ottery Community Shed, Hind Street, opposite Sainsburys carpark, 10am-4pm Contact [mensshedottery@gmail.com](mailto:mennsshedottery@gmail.com) or Tony Pugh 07968 801595

Every Saturday Forest Circuits 10-11am at East Hill. Contact Genevieve 07496 838951

Every Saturday Short Tennis for Over 50s 2-4pm at Ottery Leisure Centre

Every Sunday Ottery Petanque Club, Strawberry Lane 10.30am

Every Sunday Ottery Tae Kwon-Do Club at The Scout Centre, Winters Lane. 6-6.50pm Family and Junior Class & 7.10-8pm Senior Class. Contact [Taylor.tkd@hotmail.co.uk](mailto:Taylor.tkd@hotmail.co.uk) or Andy (Mr T) 07596 409626