

Beginners and Entry 1

Provided / Operated by:

Women Arise

The class takes place on the ground floor of the Stewart Building. On arrival at the site please make your way to the Stewart Building and ask at reception for Women Arise.

Course Address:

Bridge Community Church
Rider Street
Leeds
West Yorkshire
LS9 7BQ

Days & Dates:

Tuesday: 10:00–12:00
Wednesday: 10:00–12:00
16th September 2026 to 14th July 2027

Contact Details:

Name: Helen Tremenhare
Phone: 0113 2431375
Email: womenariseleeds@gmail.com

Enrolment:

Starts 15th September 2026
Closes 15th September 2026

Costs:

Free

Accessible:

Yes

Childcare:

Yes

Children allowed:

Yes – Babies allowed in class

