

**SATURDAY**

9-10	<b>New Yoga with Fola</b> A comfortable space to move, rest and be present. Vinyasa yoga, blending contemporary and traditional practice and linking breath with movement. Move fluidly through a creative and dynamic sequence that will leave you feeling balanced and energised. Open to all levels. £10. Book at: <a href="https://yogawithfola.simplybook.it/">https://yogawithfola.simplybook.it/</a>
9-10	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £10 or blocks of 5 for £40 valid for 6 months from first use. Please book classes in advance online here - <a href="https://bookwhen.com/perrypilates">https://bookwhen.com/perrypilates</a> .
10.15-11	Toddler Yoga. 18 mths to 3yrs. Stretch, move and relax together. £12 *. Booking essential. For info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <b>07902 227 669 07902</b> . Not 7 and 14 February.
11.15-12	<b>Yoga for 3 to 5yr olds.</b> Not 7 and 14 February.
10.15-11.00	<b>Uptop Dance School.</b> Mini. Street Dance for 4+5yrs with Vivian. Develop coordination, confidence & make new friends. Further info contact Andrei: <b>07448 588 860</b> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .
11.15-12.15	<b>Uptop Dance School.</b> Kids. Street Dance for 6-9yrs olds with Vivian. For further info see Uptop Mini above.
2-4	<b>Music Circle</b> in the Café. This month: <b>7 February</b> .

**SUNDAY**

10-11	<b>Capoeira</b> for kids 4-7 yrs. Develop balance, coordination, general fitness & flexibility, a sense of rhythm & body awareness, concentration & social interaction. £10 drop in or £55 for 8. For more info contact Paulina on <b>07931 916 233</b> or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> . Not 22 Feb.
11-12	<b>Capoeira</b> for kids 8-10 yrs. As above.
11-12	<b>Children's Yoga</b> for 4-8 yrs. Fun approach to yoga using gentle poses, music, games, breathing and mindfulness techniques, storytelling and visualisation. Info & booking <b>07765 243 087</b> or DM Martha on Instagram <a href="https://www.instagram.com/marthachildrensyoga">@marthachildrensyoga</a> . £10 drop in and discounted block bookings available. Not 15 February.
2-3.30	<b>Friends of Lordship Rec</b> monthly meeting. Find out all about the Rec. This month: <b>1 February</b> .
2-4	<b>Songs from the Land</b> is a free queer-led, inclusive singing group celebrating the beauty of folk music & nature through song. No experience necessary. Sing with us in a welcoming and supportive space! Insta <a href="https://www.instagram.com/songsfromtheland">@songsfromtheland</a> or email <a href="mailto:songsfromthelandgroup@gmail.com">songsfromthelandgroup@gmail.com</a> . This month: <b>28 February</b> .

**New Yoga Class****Yoga with Fola**

**Vinyasa yoga**, which blends contemporary and traditional practice, linking breath with movement and moving fluidly through a creative and dynamic sequence that will leave you feeling balanced and energised. Open to all people and levels £10. Book your space at: <https://yogawithfola.simplybook.it/>

**Hub Warm Space**

**This Winter, Lordship Hub Café is offering a Warm Welcome.**

Drop by for a free builders' tea or instant coffee, on us, no questions asked. Just ask for the Warm Welcome at the till.

Available Mon-Wed & Fri 10am-3pm  
Thursday is our regular Free Hot Meal & Food Bank with OK Foundation

**Run a Class**

**Hire one of our 2 rooms to run a class for local people**

Contact: [people@lordshiphub.co.uk](mailto:people@lordshiphub.co.uk)  
Or see our website : [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

**Coffee Morning**

**You don't need to be on your own!**  
Come to the Hub Older People's Coffee Morning on Thursdays between 11-2pm  
**All over 55s welcome**

**LORDSHIP HUB**  
Community building in every sense

# FEBRUARY 2026 PROGRAMME



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by local staff and volunteers

**Lordship Hub**

Lordship Recreation Ground,  
Higham Road, N17 6NU  
020 8885 5684  
[hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)  
[@LordshipHub](https://www.facebook.com/LordshipHub) [@LordshipHub](https://www.instagram.com/LordshipHub)  
Phone us re disabled vehicle access to the park &

# What's on at Lordship Hub in February 2026

Hub Café open 10-3pm (not Thursdays). Weekends open from 9am. For activities see below, drop in office Mon-Thur 11-3pm, email: [people@lordshiphub.org.uk](mailto:people@lordshiphub.org.uk), phone 020 8885 5684 or see [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

Monday	10-11	Postnatal Yoga (with babies). A therapeutic Mum-focused yoga class for postnatal healing and recovery. Incorporating breath-work, gentle movement and embodiment practices. For more info and to book visit <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or contact <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> .	£10*
	11.30-1.30	Watercolour Painting Group. First session free, then £45 monthly in advance. Booking required. Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£45 pcm
	4-4.45	Uptop Dance School. Mini. Street Dance for 4+5yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: <a href="tel:07448588860">07448 588 860</a> , Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei.	
	6.30-7.30	Boxing for fitness. Improve fitness, confidence, lose weight and have fun, using boxing gloves and pads. All levels welcome from beginners to advanced. £8 per session or £28 for a block of 4 sessions. For further info contact Bill on <a href="tel:07941434186">07941 434 186</a> .	£8/7
Tuesday	11-12	Silverfit. Exercise for 45+. Yoga. For more information and booking contact <a href="tel:07976547717">07976 547 717</a> , <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. £3 per session.	£3
	12.30-1.30	Hula Hooping with Sara - For fitness and fun. Everybody welcome. Hoops provided. For further info contact Sara: <a href="tel:07932566508">07932566508</a> , <a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a> .	£5
	1.30-2.30	Mixed Media Art Session Tips & Techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling, For more info contact Sandra on <a href="tel:07888678780">07888 678 780</a> or <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided..	£7
	7-8pm	Yoga - all levels. Erin's classes offer relaxing sequences that are accessible for all levels. No experience necessary. Join her for fun & nurturing classes. £8 drop in or 5 classes for £30. E-mail: <a href="mailto:Erinwolson@gmail.com">Erinwolson@gmail.com</a> to book.	£8/£6
Wednesday	10-11	Baby Yoga from 6wks to 8months. Booking essential. More info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:07902227669">07902 227 669</a> . Not 11 February.	£10*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:07902227669">07902 227 669</a> . Not 11 February.	£10*
Thursday	10-11	Thula Mama. Nourishing group for parents with babies under one year. We sing songs from around the world in beautiful harmony. Open to everyone - no experience necessary. Ring Holly for info <a href="tel:07709438777">07709 438 777</a> . £11 for one class, £9 for a block. Booking essential: <a href="http://happity.co.uk/thula-mama-london">happity.co.uk/thula-mama-london</a> . Not 19 February.	£11/£9*
	11-2	Seniors' Coffee Morning. Come and meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in.	Donation
	12-2.30	Free food on Thursdays. 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation <a href="tel:07483172781">07483 172 781</a> .	FREE
	6-7.30	Creative Movement classes. An open level dance class for adults to find joy and intrigue in movement. Classes will combine a mixture of learning phrases, improvisation and group work. Contact Loe with any questions and for booking: <a href="mailto:loe.e.darcy@gmail.com">loe.e.darcy@gmail.com</a> . Class not on until further Notice.	£7 (general admission) or £10 (pay it forward)
Friday	10-30-11.15	Tiny Time Music. Cheery introduction to musical concepts. Expect instruments, scarves, singing, shaking and bubbles! Block booking for the half term is £59.50, drop in £10 p/wk, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: <a href="mailto:tinytimemusic@outlook.com">tinytimemusic@outlook.com</a> .	£10 (£5 siblings)
	10-12	Botanical Drawing Class. Join a friendly relaxed Botanical Drawing class under the expert guidance of Joanne Roberts, a Botanical Illustrator. No experience necessary! We will use plant and tree materials from The Orchard and surrounding park of Lordship Recreation Ground. All materials will be provided. Pay what you can, with a suggested donation of £10 per class. For more information contact Sally on <a href="tel:07757333202">07757 333 202</a> .	£10 suggested (pay what you can)
	5-6	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: <a href="tel:07448588860">07448 588 860</a> , <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> . Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	6-7	Uptop Dance Youth Company. Invitation Only. Street Dance for 10+yr olds with Andrei.	

\*Concessions available

**WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)**