

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://yogawithfolia.simplybook.it/">https://yogawithfolia.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	<b>Toddler Yoga. 18 mths to 3yrs.</b> 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 07902 227 669 07902. Not 21 March.
11.15-12	<b>Yoga for 3 to 5yr olds. Not 21 March.</b>
10.15-11.00	<b>Uptop Dance School. Mini. Street Dance for 4+5yrs</b> with Vivian. Develop coordination, confidence & make new friends. Further info contact Andrei: 07448 588 860. 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. Kids. Street Dance for 6-9yr olds</b> with Vivian. For further info see Uptop Mini above.
2-4	<b>Music Circle</b> in the Café. This month: 7 March.
SUNDAY	
10-11	<b>Capoeira for kids 4-7 yrs.</b> 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 07931 916 233 or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> . Not 22 & 29 March.
11-12	<b>Capoeira for kids 8-10 yrs.</b> As above.
11-12	<b>Children's Yoga for 4-8 yrs.</b> Fun approach to yoga using gentle poses, music, games, breathing and mindfulness techniques, storytelling and visualisation. Info & booking 07765 243 087 or DM Martha on Instagram @marthaschildrensyoga. £10 drop in and discounted block bookings available.
3-4.30	<b>Friends of Lordship Rec monthly meeting.</b> (Plus seed swap 1-3pm). This month: 1 March.
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 @songsfromtheland or email <a href="mailto:songsfromthelandgroup@gmail.com">songsfromthelandgroup@gmail.com</a> . This month: 14 March.

**PLEASE NOTE**  
**From Monday 9th March**  
**Lordship Cafe will be open till 4pm**

## New Pilates Class

**Pilates with Marguerite**  
**Monday 1.45-2.45**

General level Pilates Matwork Class, for anyone with recurring lower back pain, shoulder/neck pain or general stiffness. Develop sound technical foundations before powering up into some stronger moves at a steady pace. £10 per class, bookings at <https://www.margueritepilates.com/offerings/pilates-matwork-lordship-rec>

## Mothers Day High Tea

**Sunday 15th March 12.30-3.30**

**A lovely way to spend time with your mum!**

**Lots of home made treats**  
**plus alcohol free prosecco**  
**Sandwiches**

Smoked salmon and cream cheese  
 Ham and mustard  
 Cucumber and mint  
 red pepper and hummus (vegan option available)

### Sweet Treats

Selection of home made cakes  
 Plain and fruit scones with fresh cream and 2  
 homemade jams

### Drinks

Alcohol free Prosecco Tea or Instant coffee

**All for £12**

Book at the Hub Cafe with £6 deposit

## Kids Art @ Film Camp

**Easter Holiday Activities**  
**31st March to Thursday 2nd April**

Crafts, Play and film making  
 For up-to-date details and more information  
 contact: [artfilmcamp@gmail.com](mailto:artfilmcamp@gmail.com)

**LORDSHIP HUB**

Community building in every sense

## MARCH 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 LordshipHub

Phone us re disabled vehicle access to the park

# What's on at Lordship Hub in March 2026

Hub Café open 11-3pm (not Thursdays). Weekends open from 9am. drop-in office hours Mon/Wed/Thu/Sat 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	<b>Postnatal Yoga (with babies).</b> 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	<b>Watercolour Painting Group.</b> First session free, then £45 monthly in advance. Booking required. Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£45 pcm
	1.45-2.45	<b>NEW Pilates with Marguerite</b> - A general level Pilates Matwork Class, suitable for anyone with recurring lower back pain, shoulder/ neck pain or general stiffness. We work on developing sound technical foundations before powering up into some stronger moves, always moving at a steady pace. £10 per class, bookings at <a href="https://www.margueritepilates.com/offerings/pilates-matwork-lordship-rec">https://www.margueritepilates.com/offerings/pilates-matwork-lordship-rec</a>	£10
	4-4.45	<b>Uptop Dance School. Mini.</b> Street Dance for 4+5yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860, 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	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Andrei.	
6.30-7.30	<b>Boxing for fitness.</b> 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 07941 434 186.	£8/7	
Tuesday	11-12	<b>Silverfit. Exercise for 45+.</b> Yoga. For more information and booking contact 07976 547 717, <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	<b>Hula Hooping with Sara</b> - For fitness and fun. Everybody welcome. Hoops provided. For further info contact Sara: 07932566508, <a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a> .	£5
	1.30-2.30	<b>Mixed Media Art Session</b> Tips & Techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling, For more info contact Sandra on 07888 678 780 or <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided..	£7
	7-8pm	<b>Yoga – all levels.</b> 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	<b>Baby Yoga</b> 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 07902 227 669.	£10*
	11.15-12	<b>Baby Yoga 8month+.</b> Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669.	£10*
Thursday	10-11	<b>Thula Mama.</b> 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 07709 438 777. £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> .	£11/£9*
	11-2	<b>Seniors' Coffee Morning.</b> Come and meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in.	Donation
	12-2.30	<b>Free food on Thursdays. 12-1 Food parcels.</b> Come for a hot meal 1-2.30. For more info contact the OK Foundation 07483 172 781.	FREE
Friday	10-30-11.15	<b>Tiny Time Music.</b> 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	<b>Botanical Drawing Class.</b> 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 07757 333 202.	£10 suggested (pay what you can)
	5-6	<b>Uptop Dance School. Kids. Street Dance for 6-9yr olds</b> with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860, <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	<b>Uptop Dance Youth Company. Invitation Only.</b> 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)**