

Babington House Regulars

Pilates

Every Monday, 9.30am

Hatha Yoga

Every Monday, 10.15am

Mindfulness Meditation

Monday 6 & 20, 6.45pm

YogaEvery Tuesday, 9.30am
Every Friday, 9.30am**HIIT Class**Every Tuesday, 6.30pm
Every Friday, 9.30am**Barre Class with Port de Barre**Every Wednesday, 9.30am
Every Wednesday, 10.45am**Circuits Class**

Every Wednesday, 10am

Creative Writing

Every Wednesday, 10am

Boxercise

Every Wednesday, 6.30pm

**Boxing for Intermediate
and Advanced Levels**

Every Wednesday, 7.30pm

Pilates with TessaEvery Thursday, 10.30am
Every Thursday, 11.30am**Boxing for All Levels**

Every Friday, 7pm

Babington Running Club

Every Friday, 8.15am

**Brazilian Jiu Jitsu for Kids:
Bully Proof**

Every Friday, 5pm

Foam Roller Class

Friday 3 & 7, 11am

Babington Cycling Club

Every Saturday, 11am

Strong Yoga

Every Saturday, 10am



^ Circuits Class, every Wednesday at 10am

Image courtesy Persephone Books



Lost and Found

Persephone Books has built its name by championing forgotten female literature

WORDS BY FRANKIE MATHIESON

hen Persephone Books publisher Nicola Beaumont decided to open a shop in the front half of her Bloomsbury office in 1998, not everyone was enthusiastic. 'People rubbedish the idea of a publisher having a bookshop, but we thought it was brilliant,' says Beaumont.

Almost 20 years later and she's been proven right, building a quiet but fiercely loyal following by publishing forgotten female writers from the 20th century. Meeting Beaumont at the charming space on Lamb's Conduit Street in London, it's still not entirely clear where the bookshop ends and the office begins, and that's just the way Beaumont and her (female) staff like it.

'Our readers can walk in at any point and talk to our founder,' says Persephone general manager Lydia Fellgett. 'Not many publishers can say that.' Perhaps this is why their dedicated readership spans several continents and generations of women. 'There are people in their eighties who remember reading our

books when they were first published,' Beaumont explains, 'but also a 16-year-old who had never been in a "proper" bookshop before ours and is now obsessed with reading.'

Persephone's mailing list goes out to 25,000 subscribers in countries as far away as Australia, Japan and Mexico. 'It's amazing when someone in Peru orders a Dorothy Whipple book,' says Fellgett. 'Then again, that's the power of Dorothy,' she laughs. Whipple is one of 97 authors stocked by Persephone, whose catalogue of 120 titles and counting includes previously out-of-print fiction, memoirs, letters and poems, written almost exclusively by women.

Each title is numbered and printed with Persephone's trademark grey cover, which Beaumont chose because she 'couldn't be bothered to think of a different one for every book'. Clearly subscribing to the old adage that you shouldn't judge a book by its cover, Beaumont has created one of the most distinctive brands in the business by doing things her own way. ■

A PERSEPHONE STARTER KIT

Founder Nicola Beaumont picks five titles from the collection for your bookshelves.

Someone at a Distance
- Dorothy Whipple

Little Boy Lost
- Marghanita Laski

The World That Was Ours
- Hilda Bernstein

Good Evening, Mrs Craven
- Mollie Panter-Downes

Long Live Great Bardfield
- Tirzah Garwood