



SPORTS POUND

Weekend Sessions



Bradley Stoke:

Sunday Studio cycling (9am-9.55am) Bradley Stoke Leisure centre

Cadbury Heath:

Friday Pump Fit (5.15pm-6.15pm) SBL Leisure Centre

Friday Basketball (6.30pm-7.30pm) SBL Leisure Centre

Saturday Boot camp (9.15pm-10am) **Sunday** (9am-10am) SBL Leisure Centre

Filton:

Friday Hodge Fitness Bootcamp (6pm-7pm) Elm Park, Filton BS34 7PS

Saturday Swimming (contact for times) Filton Leisure centre

Kingswood & Staple Hill

Friday Studio cycling (7am-7.45am) Kingswood Leisure centre

Friday Aerobics (8.15pm-9pm) Emerson Green Village Hall

Friday Boxercise (7.30pm-8.30pm) Phnx Fitness Studio Two Mile Hill

Saturday Fitness sessions (9.30am-10.30am) Page Park

Sat & Sun Swimming (1.30pm-2.30pm) Kingswood Leisure Centre

Patchway:

Friday Karate (6.30pm-8pm) Patchway community Centre, Rodway Rd

Friday Cardio Tennis 9.30am Almondsbury Tennis club, BS32 4AA

Saturday Judo (11.30am-1pm) Patchway Youth centre, Coniston Rd

Saturday Tennis, social (12pm-1pm) Almondsbury Tennis club

Staple Hill:

Thornbury:

Friday Body Conditioning (10am-10.45am) Thornbury Leisure Centre

Friday Ladies Recreational session (10am-12pm) Thornbury Leisure centre

Yate:

Friday Exercise and Friendship Group (10am-11.30am) Cambrian Green Court Yate BS37 5TR

Check out the website page for full details

www.southglos.gov.uk/sportspound