



SPORTS POUND

**MONDAY
Sessions**



Bradley Stoke:

Zumba 6pm-6.55pm Bradley Stoke Leisure Centre

Cadbury Heath:

Sparta (fat burning) (6pm-7pm) SBL Leisure Centre

Parkour (free running) (7.45pm-9.15pm) SBL Leisure Centre

Boxfit (shadow boxing, skipping) (8pm-8.45pm) SBL Leisure Centre

Filton:

Back to Netball (12pm-1pm) UWE Sports Centre (BS16 1QY)

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

Athletics (6.45pm-8pm) SGS WISE Campus BS34 8LP

Back to Netball (7.15pm-8.15pm) SGS WISE campus

Kingswood:

Bristol Kick Boxing (8pm-9.30) Kingswood Community centre

Boxercise (7.30pm-8.30pm) Phnx Fitness Studio Two Mile Hill BS15 1AZ

Social Netball (10.30am-11.30am) (Crèche available) Kingswood Leisure Centre

Social Badminton (1pm-2pm) Kingswood Leisure Centre

Patchway:

Krav Maga Patchway community Centre, Rodway Rd

Cardio Tennis 6.30pm Almondsbury Tennis club, BS32 4AA

Thornbury:

Legs, Bums & Tums (9am-9.55am) Thornbury Leisure Centre

Boxercise (5.30pm-6.30pm) Thornbury Leisure Centre

Temples Tae-kwon-do (6.15pm) Thornbury Leisure centre

Yate:

Exercise and Friendship Group (10am-11.30am) St Nicholas Family Centre Chargrove Rd

Studio Cycling (5.15pm-6pm) Yate Leisure Centre

Check out the website page for full details

www.southglos.gov.uk/sportspound