



SPORTS £ POUND



Kingswood & Staplehill

Details of where you can exchange your SportsPound vouchers are overleaf.

How they work...

- 1) Contact the provider to tell them you are coming
- 2) Fill in your name and date on your voucher and hand it in at the session
- 3) Take part in the session/activity!

You can use your vouchers to try different activities or all at the same one

For more information please contact the Kingswood & Staple Hill Activator,
Andrew Parsons Mob: 07710 145213 Tel: 01454 865821
email: sportspound@southglos.gov.uk

Follow us on Twitter: [@sportspoundsg](https://twitter.com/sportspoundsg)

Activity/Club	Day/times	Location	Contact details – contact before attending
AEK BOCO Runners	Tues/Thurs 6-7pm	Greenbank Recreation Ground, Hanham, BS15 3RZ	Enquiries to: helenclark75@gmail.com
Bristol Kick Boxing	Mon 7-8pm youths 8-9:30pm Adults	Kingswood Community Centre, High St, BS15 8AR	Stuart Colvin Mobile 07810184886 / bristolkickboxing@gmail.com
Exercise and Friendship Groups	Thurs 9:30 - 11am & 11:15 - 12:45pm	Staple Hill Methodist Church hall, High Street, Staple Hill, BS16 5HQ	Please call before attending; Spencer 07825155854 info@sportingchance-pt.co.uk
Exercise and Friendship Groups	Thurs 1:30 - 3pm	New Cheltenham Community Centre, New Cheltenham Road, Kingswood, BS15 1TN	Please call before attending; Spencer 07825155854 info@sportingchance-pt.co.uk
Hanham and Downend Taekwondo	Hanham: Mon 7.20pm-8.20pm Wed 7.45pm-9pm Downend Fri - 9pm-8pm Sun 11.30am-12.30pm	Hanham High School BS15 3LA & Downend Sports Centre BS16 6XA	Tel: 07729 358691 or Email: hdtkd@live.com http://hanhamanddownendtkd.ning.com
Hanham Cricket Club	Wed 6:15pm-8:00pm	Abbots Rd, Hanham, Bristol, BS15 3NG	Richard Edwards edderz@sky.com hanhamcc.play-cricket.com
PHNX Fitness	Sessions Mon-Sat, Buggy Bootcamp (and run), various fitness classes	PHNX Fitness Studios, Unit 7, Two Mile Hill Rd, Kingswood, BS15 1AZ. BuggyBootcamp Run on cycletrack @Warmley	Tel: 07730 005656 dean@phnxfitness.co.uk
Real Fitness With Sarah	Tues: 10am Hanham Community Centre 6:45pm Kings Forest Primary School Thurs: 6:30pm Kings Forest Primary School 8:15pm Emersons Green Village Hall		text 07975943587 or email beforehand: sarah@realfitnesswithsara.com
Rugby / Cleve Rugby Football Club	Tue: Female 6:30-8pm Wed: 6:30pm-8pm Thurs: Seniors 6:45pm-8:30pm Sun: Contact for ages and times	Cleve RFU Club, The Hayfields, Cossham St, Mangotsfield BS16 9NQ	Debbie Linton (01179)575775 debbie.linton@cleverugby.co.uk
Xenshin Dojo Martial Arts	All ages - Tues 7:30-9:00pm Wed (ladies) 7:30-9:00pm Sat 9:00-10:30am	Page Community Hall Page Community Hall The Grange	Rob Jones 0117 9674120 enquiries@zenshindojo.com www.zenshindojo.com
Zumba Fitness	Monday 7.30pm to 8.30pm	Kings Oak school	Lucy 07403247764 lzfitness@Hotmail.co.uk



@sportspoundsg