

Class	Day	Time	Age Group	Price	Provider
Ballet	Saturday	Various Time	Various Age Groups	Please contact provider	West London Dance Academy Judith Townsend T: +44 (0) 7771 984 590 E: info@westlondondanceacademy.com W: www.westlondondanceacademy.com
Circuits	Sunday	09.00 - 10.00	All ages	£10 per session	Phrato Fitness Phillip Ray Tommy T: +44 (0)7735 082 094 E: info@phratofitness.com www.facebook.com/PhratoFitness
Fight Club	Sunday	12.00 - 13.00	Adults	£10 per session	De Silva Taekwon-do Johann de Silva T: +44 (0)7956 466 392 E: info@desilvatkd.com W: www.desilvatkd.com www.facebook.com/DeSilvaTKD
Hatha Yoga Akhanda Style	Thursday	18.15 - 19.30	Adults	£12 per session/ £50 for 5 sessions	Cathy T: +44 (0)7958 239 991 E: cathyb3@fsmail.net W: www.yogahealingtherapy.co.uk
Iyengar Yoga	Friday	10.45 - 12.15	Adults	£15 per session / £60 per month	Cath Barnes-Holt T: +44 (0)7909 995 408 E:cathbarnes.holt@gmail.com
Judo	Friday	18.00 - 19.00 19.00 - 20.00 20.00 - 21.00	Juniors Intermediates Adults	Please contact provider	Azat Judo Umarjan Karimov T: +44 (0)7833 943522 E: umarjan@btinternet.com W: www.alphajudo.co.uk
Krav Maga	Tuesday Thursday	20.00 - 21.30 17.00 - 18.00	Adults Juniors	£55 per month	Total Krav Maga Nick Maison E: mail@totalkravmaga.com W: www.totalkravmaga.com
Lil' Warriors Taekwon-do	Sunday	10.00 - 11.00	Children (3 - 6 years)	£40 per month	De Silva Taekwon-do Johann de Silva T: +44 (0)7956 466 392 E: info@desilvatkd.com W: www.desilvatkd.com www.facebook.com/DeSilvaTKD

Class	Day	Time	Age Group	Price	Provider
Non-contact Boxing	Monday & Wednesday	19.00 - 20.00	Adults (14 years & above)	£50 per month	Broadway Boxing Hugh McBride T: +44 (0)7956 466 392 E: info@thebroadwaystudio.com W: www.thebroadwaystudio.com www.facebook.com/BroadwayStudio1
Pilates	Friday	09.30 - 10.15	Adults	Please contact provider	Bodyline Fitness T: +44 (0)7961 002 185 E: Victoria_warren@hotmail.com
Pre - Post Natal Training	Monday & Wednesday Thursday	10.30 - 11.30 19.30 - 20.30	Adults	Please contact provider	Beez Kneez Jo Martin T: +44 (0)7958 239 991 E: jo@beez-kneez.co.uk W: www.beez-kneez.co.uk
Street Dance	Wednesday	18.00 - 19.00	11 - 16 year olds	£8 per session/ £24 per month	K80 Katie Rao M: +44 (0)7730 748 213 E: info@thebroadwaystudio.com W: www.thebroadwaystudio.com www.facebook.com/BroadwayStudio1
Taekwon-do	Monday & Wednesday Sunday	20.00 - 21.00 12.00 - 13.00	Adults (14 years & above)	£60 per month	De Silva Taekwon-do Johann de Silva T: +44 (0)7956 466 392 E: info@desilvatkd.com W: www.desilvatkd.com www.facebook.com/DeSilvaTKD
Zumba	Tuesday	19.00 - 20.00	Adults (14 years & above)	£5 per session	K80 Katie Rao M: +44 (0)7730 748 213 E: info@thebroadwaystudio.com W: www.thebroadwaystudio.com www.facebook.com/BroadwayStudio1

