

# adult corner

<b>Monday</b>	Zumba (Zumba Sandra) 5.45-6.45pm (P)	Kung Fu (Chugarkwon Academy) 7-8pm (P)		
<b>Tuesday</b>	Fencing (Scimitar Fencing) 7-9.30pm (P)	Parkour (Free-running) (Parkour Generations) 8-10pm (P)	Football Leagues (Top Corner) 7-9.30pm (P)	Martial Arts Club 7-9.30pm (P)
<b>Wednesday</b>	Fitness (Rikki) 7.30-8.30pm (P)	Badminton Club (Cathy) 8-10pm (P)	Football Leagues (Pitch Invasion) 6.30-9.30pm (P)	
<b>Thursday</b>	Women's Basketball (WWBC) 8-10pm (P)	Women Only Aerobics (London Tigers) 6-7pm (P)	Football Leagues (Top Corner) 7-9pm (P)	
<b>Saturday</b>	50+ Keep Fit (Academy Sport) 11am-12noon (C)	50+ Stretch & Relax (Academy Sport) 12noon-1pm (C)		
<b>Sunday</b>	Badminton Club (Abbey) 9-11am (P)	Fitness (Rikki) 10-11.30am (P)	50+ Ballroom & Latin (Academy Sport) 2-4pm (C)	Yoga-lates (Mary Amayo) 4-5pm (P)

## Legend

P = Private hirer class, payment to instructor

C = Centre run class, payment at reception

# ACADEMY SPORT



City of Westminster

## **Class Description/information**

### **Badminton Club**

Come and join in with a group of friend, who want to socialise and keep fit. Ask reception for contact number or see separate leaflet.

### **Football Leagues**

Register your team in one of the many leagues which operate at Academy Sport. See banners around facility.

### **50+ classes**

Come along and keep active with one of these classes. You will need to complete a health questionnaire, obtain separate leaflet from reception.

### **Martial Arts**

Learn one of the many forms of martial arts. See separate leaflets.

### **Fitness & Relaxation**

Are you active or simply want to stretch & relax, one of these will suit your mood. Ask reception for contact number or see separate leaflet.

**ACADEMY  
SPORT**

Westminster Academy @ The Naim Dangoor Centre  
255 Harrow Road, London W2 5EZ



City of Westminster