



CHADWICK STREET
SPORTS
TIMETABLE

SOCIAL HALL

AEROBICS

Monday lunchtime with Peter

12.30 - 1.15

Aerobics: Start the week with this energetic 45 minutes class.

Level: Beginners to Advanced

Tuesday lunchtime with Grant

12.30 - 1.15

Circuit Training: This class is specifically designed to use some basic blocks, strikes and kicks in a choreographed series of moves to maintain flexibility and fitness.

Level: Beginners to Advanced

Thursday lunchtime with Shelly

12.30 - 1.15

Aerob-a-tone

An all over toning and strengthening class which will help sculpt the body, define muscle and take off inches.

Level: Beginners to Advanced

PILATES

Wednesday lunchtime

12.30 - 1.15

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

JU JITSU

Thursday evenings

All standards are welcome

Contact: Grant Wakeman

Tel: 020 7218 4645

FENCING

Monday evenings

Contact: Paul Wren

All standards are welcome

Tel: 020 7944 8638

Email: paul.wren@communities.gsi.gov.uk



RECREATION HALL

YOGA

Monday & Wednesday 12.00 - 2pm
Contact CSRC reception
Wednesday 6pm - 8pm
Men and women, beginners and experienced welcome
Gordon Spence - 020 8657 3258

KARATE

Monday and Friday 6pm-7pm
Karl Green
wikc@btinternet.com



BOXING TRAINING

Tuesday 5.00 - 9.00pm
Thursday 4.00 - 6.00pm
John McGillivray 07847 488099

MARGARET MORRIS MOVEMENT

Thursday 12.30pm - 1.30pm
Ruth
Tel: 020 8699 2376

KUOSHU

Thursday 6.30pm - 9.30pm
Beginner & Intermediate welcome
Rob Simpson - 01582 738761



OTHER CLUB & ACTIVITIES WITHIN THE CENTRE

- **Ballroom Dancing**
- **Quiz Nights**
- **Poker**
- **Scrabble**
- **Salsa**
- **Languages**
- **Krav Maga**
- **Belly dancing**



For more information please
call 020 7976 7646,
email chadwick.street@cssc.co.uk or
visit www.cssc-london.co.uk