

**SPORTS & LEISURE CENTRE**

BGS Enterprises Limited

University Road

Clifton

Bristol BS8 1SR

Tel/Fax: (0117) 925-8055

USEFUL INFORMATION**Opening Hours**

Monday – Thursday

5.30pm – 10.30pm

(Last admission 9.15pm)

Friday

5.30pm – 10.00pm

(Last admission 8.45pm)

Saturday

CLOSED

Sunday

11.00am - 8.00pm

Sundays in August

3.00pm – 8.00pm

(Last admission 6.30pm)

Extra Activities Available

Contact telephone numbers are included where appropriate for you to obtain further information about the activity

Mondays : Circuit Training Club with Andy (968-3480) – 7.30pm
£4.00 (members £3.50)
: Wing Chun Kung Fu – Wayne Bradbury (0845-644-2386)
- Beginners 6.30-7.45pm, Advanced 7.45-9.30pm
: Wing Tsun Kven (SW) – 7-9.30pm Martial Arts Tuition
Contact: Jonathan Pepper (07967-196479)

Tuesdays : Pilates with Zoe Rayne (07747-696938) - 6-7pm, 7-8pm.
Safe, effective form of body conditioning, suitable for all ages

Wednesdays : Wing Chun Kung Fu – Wayne Bradbury (0845-644-2386)
- Beginners 6.30 – 7.45pm, Advanced 7.45-9.30pm
White Eagle Fencing Club – John Rohde 7.00 – 9.30pm
contact : johnrohdeuk@yahoo.com

Thursdays : Pilates with Zoe Rayne (07747-696938) - 6-7pm, 7-8pm.
Safe, effective form of body conditioning, suitable for all ages.
: Wing Tsun Kven (SW) – 7-9.30pm Martial Arts Tuition
Contact: Jonathan Pepper (07967-196479)

Sundays : YOGA – Beginners Dynamic with Marinella (974-1106)
5-6pm

SQUASH COURTS NOW AVAILABLE TO HIRE ON SUNDAYS.

An instructor is available for private tuition in weight training and climbing.

January 2008