

At Heston Community Sports Hall we encourage all ages to take part in the activities we have at the centre.

You do not have to book in advance for any of the activities listed in this leaflet (*Centre Programme.*) Just come down to the centre and a member of staff will help you out from there.

If you are unsure about anything please call Heston Sports Hall on 0208 570 6544.

We hope to see you very soon!



HESTON COMMUNITY SPORTS HALL
HESTON ROAD
HESTON
MIDDLESEX
TW5 0QZ

TELEPHONE: 0208 570 6544

EMAIL: enquiries@hestoncs.hounslow.sch.uk
Or contact David Mason (Sports Hall Manager)
on dmason@hestoncs.hounslow.sch.uk

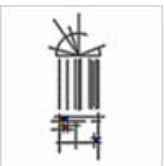
OPENING HOURS:
Mon - Fri: 17.30 - 22.00
Sat - Sun: 10.00 - 19.00

WITHIN HESTON COMMUNITY SCHOOL GROUNDS

2009 - 2010

HESTON COMMUNITY SPORTS HALL

CENTRE PROGRAMME



WHAT'S ON AT HESTON SPORTS HALL

MONDAY

KARATE - (Ungraded Students)	6.00pm - 7.00pm
KARATE - (Graded Students)	7.00pm - 8.00pm
CIRCUIT CLASS	7.00pm - 8.00pm

TUESDAY

SPECIAL NEEDS CLASS	5.30pm - 7.00pm
LEE ADAM'S KUNG-FU/KICKBOXING (Under 15's and Adults)	7.00pm - 8.00pm

WEDNESDAY

50+ TABLE TENNIS	1.00pm - 2.00pm
WOMEN'S YOGA (Junior 5-10 years)	4.00pm - 5.00pm
WOMEN'S YOGA (16+ years)	5.00pm - 6.00pm

THURSDAY

SHOTOKAN KARATE CLUB	6.00pm - 8.00pm
LEE ADAM'S KUNG-FU/KICKBOXING (Over 15's Only)	6.00pm - 7.00pm
LEE ADAM'S KUNG-FU/KICKBOXING (Women Only)	7.00pm - 8.00pm

FRIDAY

WOMEN'S YOGA (Junior 5-10 years)	4.00pm - 5.00pm
WOMEN'S YOGA (16+ years)	5.00pm - 6.00pm

SATURDAY

BRENTFORD FOOTBALL COACHING (With Brentford Football Club)	10.30am - 12.00pm
LEE ADAM'S KUNG-FU/KICKBOXING (Over 15's Only)	10.00am - 11.00am
BASKETBALL ACADEMY	5.00pm - 7.00pm

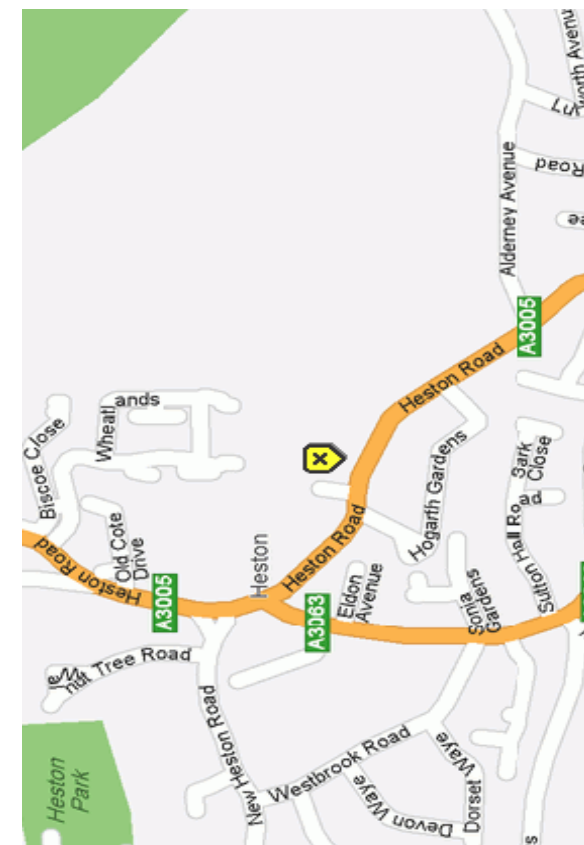
*PRICES FOR LISTED ACTIVITIES ARE IN OUR 'PRICE AND BOOKING INFORMATION' LEAFLET.

IF YOU HAVE ANY OTHER QUIRIES OR QUESTIONS, PLEASE DO NOT HESITATE TO CALL US ON

0208 570 6544 OR VISIT US IN THE CENTRE AND ASK A MEMBER OF STAFF FOR MORE DETAILS.

NEW ACTIVITIES COMING SOON:

- * ACTIVE GYM FOR 11-15 YEARS OLD
- * New!! Kids and Adult classes including: spinning, aerobics, boxercise, kids circuits and many more.....
- * SUMMER HOLIDAY CAMP FOR KIDS!!!!



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