

# Charteris-Kilburn Sports Centre

## TIMETABLE HALL AND STUDIO

TABLE TENNIS IS AVAILABLE  
ON REQUEST IN THE STUDIO

### Monday

Children's martial arts (contact Sayed 07500 772427)	6-7pm
Circuit training with Maurice	6.15-7.15pm
Futsal hosted by Meet Up	7.15-8.15pm
Aikido (adults) (contact Davinder 07306 562416)	7.30-9pm
Basketball (open) (to join contact Lloyd 07984 579011)	8-10pm

### Tuesday

Junior basketball (11-18s) £2	6-7pm
Futsal hosted by Meet Up	7-8pm
Basketball (open) (to join contact Lloyd 07984 579011)	8-10pm

### Wednesday

Seniors ballet (details from Lloyd 07984 579011)	4-5pm
Up Top street dance: children and adults (contact Andrei 07448 588860)	5-7pm
Aikido (adults) (contact Davinder 07306 562416)	7.30-9pm

### Thursday

Brent Bulls junior basketball	5-7pm
Laway dance class (contact Roland 07475 972060)	6-8pm
Circuit training with Maurice	7-8pm

### Friday

Children's karate (contact Kingsley 07950 647993)	6-8pm
Over-50s fitness and exercise class with Maurice	6.30-7.30pm
Badminton pay and play (booking required)	7.30-8.30pm

### Saturday

Zumba (contact Lorena 07990 913144)	9-10am
Active Kids under-5s sports (contact Nary 07857 992633)	10-11am
Yoga with Vanessa (details from Lloyd 07984 579011)	10.15-11.30am
Futsal hosted by Meet Up	11am-noon
Up Top street dance - children and adults (contact Andrei 07448 588860)	1-4pm
Futsal/basketball (aged 2-11) (free trial, contact 07877 848598)	2-4pm
Children's aikido (contact Davinder 07306 562416)	4-6pm

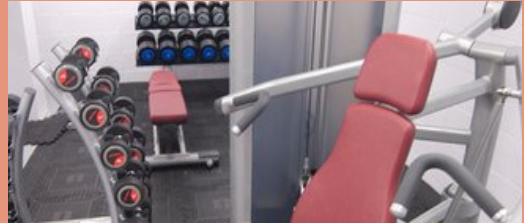
### Sunday

Pilates with Gianni Trivedi (contact 07443 947974)	9.25-10.25am
Children's karate (contact Kingsley 07950 647993)	11am-3pm
Aikido (adults) (contact Davinder 07306 562416)	4.30-6pm

## THE GYM

Mon-Fri 6pm to 10pm  
Sat & Sun 10am to 8pm

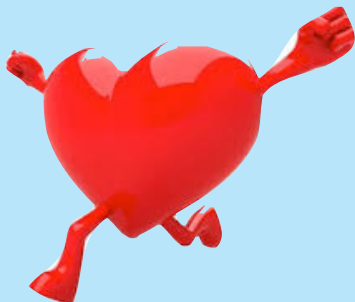
Opening times may be extended, especially during school holidays



Charteris-Kilburn Sports Centre has a fully equipped gym, including free weights. To join or make an enquiry, text/WhatsApp Lloyd on 07984 579011. You will need to book an induction session lasting about 30 minutes. Lloyd will put you in touch with the coach and you will need to fill out a form which includes a medical questionnaire. The cost of the induction is £15, payable on the day, cash or card. Please dress appropriately. The monthly fee for gym membership is £16 (bank payment) or pay £2.50 per session (cash or card).

**For bookings and general enquiries please WhatsApp or text Lloyd 07984 579011 or email [lloyd@charterissports.org](mailto:lloyd@charterissports.org)**

# Over 50? There has never been a better time to get fit



Brent Council is sponsoring free gym and exercise classes for Brent seniors (aged 50 plus) through Charteris-Kilburn Sports Centre in Charteris Road, Kilburn. If you would like to take part, please contact [Lloyd@Charteris](mailto:Lloyd@Charteris) via the QR code (right), on 07984 579011 – or come to visit Charteris for a look round.



## **Basketball coaching**



In conjunction with Brent Council, Charteris is offering free coached basketball sessions for 11-19-year-olds. We run an 11-16 coached session on Tuesdays 6-7pm. Partially coached sessions for over-16s will take place in the school holidays. Use the QR code (above) to fill in



the registration form, including your phone number, and we will contact you.