

Friday Night Fitness Zone

Every Friday evening, starting on the 7th October at
Tavistock Community Sports Centre, Tavistock College

Circuits 6.30 pm – 7.30 pm

Football 7.30 pm – 9.00 pm

Kickboxing 7.30 pm – 9.00 pm

Join in with whatever activity you want! Boys, Girls ages 11 – 16 years!

From Only a £1.00 per night!!

(£2.00 for the kickboxing, separate charge)

To sign up... you just need a booking form (available from the Sports Centre Reception), complete it and get it signed by your parents/carer and bring it along the first time you attend a session.

Any questions speak to Barry or Andy on 01822 813238

Sessions will be informal and fun but we'll have qualified football, circuits and kickboxing coaches on hand to help you out

Get involved, get fit, have fun!

