



### CONTRAMESTRE BICUDOS CLASSES

CLASS	DAY	TIME	AREA	ADDRESS	PRICE
KIDS	MONDAY	4:30 – 5:00 pm	KINGSTON	JOHN BUNYAN BAPTIST CHURCH –	£5.00
ADULTS	MONDAY	7:30 – 9:15 pm	KINGSTON	JOHN BUNYAN BAPTIST CHURCH	£8.00
ADULTS	TUESDAY	7:30 – 9:15 pm	CHESSINGTON	CHESSINGTON COLLEGE SPORT CENTRE ,	£8.00
KIDS	WEDNESDAY	4:30 – 5:00 pm	KINGSTON	JOHN BUNYAN BAPTIST CHURCH	£5.00
ADULTS	WEDNESDAY	7:30 – 9:15 pm	KINGSTON	JOHN BUNYAN BAPTIST CHURCH	£8.00
KIDS	WEDNESDAY	5:00 - 6:00 pm	TWICKENHAM	CRANE COMMUNITY CENTRE,	£5.00
MIXED AGES	THURSDAY	7.00 – 8.15	FOREST HILL	FOREST HILL SCHOOL	£5.00
ADULTS	FRIDAY	7:00 – 8:30pm	TUNBRIDGE WELLS - KENT	CAMDEN CENTRE	£8.00
FAMILY CLASS	SATURDAYS	11am - 1pm	MORTLAKE	THE OLD BAKERY	£5 / £8

### SHAMIL CLASSES

CLASS	DAY	TIME	AREA	ADDRESS	PRICE
MIXED AGES	SATURDAY	13:00 – 14:15	BALHAM	BALHAM LEISURE CENTRE	£8:00
MIXED AGES	MONDAY*	20:00 – 21:30	WIMBLEDON	SOUTH WIMBLEDON COMMUNITY CENTRE	£8:00
BATERIA	WEDNESDAYS	19:00 – 21:00	STREATHAM	CASA DE SHAMIL	£3:00*
CAPOFIT CIRCUITS	THURSDAYS	19:45 – 21:15	BALHAM	BALHAM FITNESS FIRST	£5.00
EXTREME KICKS /ACROBATICS	FRIDAYS	20:00 – 21:30	TOOTING	TO BE CONFIRMED	£5.00

\* Taught by Shamil and Ninjinho \*\*Donation for Dinner :)