

BPT WEEKLY ACTIVITIES



BASKETBALL

Free weekly sessions at Black Prince Trust

- **Mondays** - 18+ Mixed Open Basketball (12pm); U18s Girls' Basketball (5pm); BPT Pan Disability Basketball (10am, starting 5th June)
- **Tuesdays** - Basketball with LBA (Ages 8-15, 4:30pm); (Male 18+, 6pm)
- **Wednesdays** - 18+ Mixed Open Basketball (10am)
- **Fridays** - 18+ Female Beginners Basketball (4:30pm); 18+ Female Advanced Skills with LBA (6pm); 18+ Mixed scrimmage with BallisLondon (8pm) - **Book via BallisLondon@hotmail.com**
- **Saturdays** - 18+ Female Beginners' Session with Sisters Club (11am) - **Book via Sisters Club**
- **Sundays** - Community Basketball with Hoopspace UK (Ages 8-14, 12pm); (15-17, 2:30pm); (18+, 3pm)

OVER 55's

Free weekly sessions at Black Prince Trust

- **Mondays** - Chair Yoga (10am); Mat Yoga (11am); Walking Football (11am); Coffee in the Café (12pm)
- **Tuesdays** - Table Tennis (3pm)
- **Wednesdays** - Resistance Band Training (9:45am)

Free weekly sessions at Immanuel & St Andrew Church

- **Mondays** - Chair Yoga (1:15pm); Mat Yoga (2:15pm)
- **Tuesdays** - Chair Exercise (1:45pm)
- **Thursdays** - SOCA Dance (beginners) (2pm)
- **Fridays** - SOCA Dance (intermediate) (12pm)

BOXING & FITNESS

NO BOOKING REQUIRED

- **Mondays** - Don Davis Open Boxing (U18s, 5pm); (18+, 7pm)
- **Tuesdays** - 3 Pillars Boxing Fitness (18+, 1pm); Fight 4 Change Open Boxing (U18, 4:30pm); Fight 4 Change Open Boxing (18+, 5:30pm)
- **Wednesdays** - Don Davis Open Boxing (U18, 5pm); (18+, 7pm); **BPT Female Fitness Programme (Ages 13-17, 4.30pm)*; (Ages 18-24, 5.30pm)***
- **Thursdays** - 3 Pillars fitness session (18+, 12pm); Family Fitness (Ages 8-12, 4pm); Fight 4 Change Open Boxing (U18, 4:30pm); Fight 4 Change Open Boxing (18+, 5:30pm)
- **Fridays** - SOHK boxing (10am); Don Davis Open Boxing (U18, 5pm); (18+, 7pm)
- **Saturdays** - Adult Session (10am-11:30am); Kids Session (Ages 8-12, 11:30am-12:30pm)

***Booking required**

FOOTBALL

Street Soccer London: Walk-in or book via frankie@streetsoccerlondon.org

- **Mondays** - Adult Refugee Session (3pm); 8-16 mixed (4pm)
- **Wednesdays** - Adult Refugee Session (10am); 8-19 mixed (4pm)
- **Fridays** - Ages 12-16 (4pm); Ages 16-19 (4pm)

Fulham Foundation: Book via FulhamKicks.com

- **Tuesday** - Disability Football (6pm)
- **Thursday** - Girls Session (12-16, 4pm) (partnership with Street Soccer London)
- **Fridays** - Girls Open Session (12-16, 4pm)

Girls United: Book via girlsunitedfa.org

- **Friday** - Female Session (ages 8-12, 5pm)

QPA: Walk-in

- **Tuesday & Thursday** - Football & Mentoring (U18, 5pm)

Scan QR code to
book your place!

