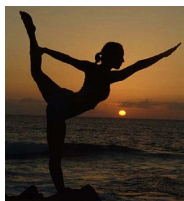


Exercise Classes



Mon	Circuit	6:00pm—7:00pm
Tue	Yoga	5:15pm—6:45pm
Wed	Aerobics	6:00pm—7:00pm
Thur	Boxercise	6:00pm—7:00pm
	Ab Attack	7:15pm—7:45pm
Sat	Zumba	11.00am—12:00pm

Wanting to improve fitness and toning?
Try one of our fitness classes to get into
shape! All classes are taught by fully
qualified instructors.

Please contact the centre for more details
and to book your place!

Adult Table Tennis



Wednesday 7.00pm—8.00pm

Whether you come down with friends or
on your own, you can be assured of a
game or two with like minded
individuals. Bats and balls can be
provided if you have not got one of your
own.

Handsworth
Grange Sports
Centre

Adults Activities list

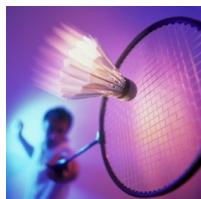


Opening Times

Monday - Friday 4.30pm - 9.30pm
Saturday 9.00am - 3.00pm
Sunday 10.00am - 3.00pm

Tel: 0114 2542641

Badminton



Weekday evenings from 5pm—8.00pm

Weekends from 10am—2pm

Come along and enjoy a lively game of badminton with friends! It's a great way of improving and maintaining fitness levels, whilst being a fun social event!

Please contact reception for more details.

Multi-Purpose Astro Turf



Monday—Friday

05:15pm—08:15pm

Saturday

10:00am—02:00pm

Although extremely popular with both 5-a-side and 7-a-side football, our brand new Astro turf facility can also be used for many other sports such as hockey and netball. With all play areas already marked out.

Book early as places are limited!

Multi-Purpose Sports Hall



Monday—Friday 04:30pm—09:30pm

Saturday 09:00am—03:00pm

Sunday 10:00am—03:00pm

Whether it's a leisurely game with friends or training with your local team, come and enjoy our multi-purpose sports hall. The sports hall can be used for numerous sports including volleyball, netball, basketball, korfbal and of course 5-a-side football.

Please contact the centre for more information.