



Highdown Sport & Leisure External Classes Timetable

Day	Time	Class	Venue	Instructor
Monday	19:15-20:15	Circuits	Sports Hall	Amanda Stevens
	19:00-20:00	Thai Kickboxing	Barn	Nadia
Wednesday	18:00-19:00	Tang Sou Dao	Sports Hall	Nazim Gokcezade
Friday	18:00-19:00	Tang Sou Dao	Sports Hall	Nazim Gokcezade
Sunday	10:00-11:00	Tang Sou Dao	Sports Hall	Nazim Gokcezade

- Please contact the instructor or a member of the HSL team for more details.

