

Womens only activities

Zumba, Circuits, Netball, Basketball, Badminton, Football, Sauna, Gymnasium

Monday 9th Jan, 7pm – 10pm

at Manningham Sports Centre, Carlisle Road, Bradford BD8 8DB

First time?

Have a chat with us!
We want to encourage as many women and girls to join in, make new friends and enjoy activity together.

#GetOutGetActive



For more information...

Call 01274 494927, email serwat.mir2@bradford.gov.uk or text your question to 07484521575.

**Inclusive activities
for ALL abilities**



Name of club:	Womens Only Activity Night
Lead Contact details: Contact Number: Email Address:	Serwat Mir 07484521575 Serwat.Mir2@bradford.gov.uk
Club/Activity Address: Postcode:	Manningham Sports Centre Carlisle Road Bradford BD8 8DB
Sport(s) & activities on offer:	Womens Only Night – A night full of activity Come and join in any of the activities you like, Community Leaders will meet you at the reception your first time and introduce you to the evening. Programme of events. <ul style="list-style-type: none"> • Zumba 7pm-8pm • Circuits 8pm-9pm • Netball 9pm-10pm • Badminton 7pm-10pm • Gym and Sauna 7pm-10pm

	<ul style="list-style-type: none"> Ladies Social Football 7pm-10pm <p>All the activities are very social and are for all abilities, make friends, take part in any activity at your own pace and enjoy yourself.</p>
Session Details (Time/Day):	We meet every Monday 7pm-10pm
Who can attend (i.e. all disabilities / visually impaired):	The session is for all women all abilities 14+
Cost:	£3.30 for the whole evening.