



Free vouchers to get active in South Gloucestershire

Martial Arts

When	Contact	Location
Bristol Kick Boxing - Youth session		
Monday 19:00 - 20:00	Stuart Colvin 07810184886 bristolkickboxing@gmail.com http://www.bristolkickboxingacademy.co.uk/	Kingswood Community Centre, High Street, Bristol BS15 4AB
Taekwondo - Korean Martial Art,		
Monday 19:20 - 20:20	Hanham and Downend Taekwondo 07729358691 hdtkd@live.com https://www.facebook.com/hdtkd.hanham	Hanham Woods Academy, Memorial Road, Hanham, Bristol BS15 3LA
Bristol Kick Boxing - Adult Session		
Monday 20:00 - 21:30	Stuart Colvin 07810184886 bristolkickboxing@gmail.com http://www.bristolkickboxingacademy.co.uk/	Kingswood Community Centre, High Street, Bristol BS15 4AB
Krav Maga - Self-defence, fitness martial arts combining techniques from aikido, judo, and more.		

When	Contact	Location
Monday 20:00 - 21:00	Will Bayley 07866417618 willbayley@gmail.com https://www.facebook.com/NorthBristolKravMaga/?fref=ts	Patchway Community Centre, Rodway Road, Bristol BS34 5PF
Tae-Kwon Do - Temples Tae-Kwon Do. Fun and social martial arts. Get fit while learning new skills.		
Monday 18:15 - 19:30	Ben Temple 07825369487 btemple@hotmail.com http://www.templestk.com/templestk.com/Home.html	Thornbury Leisure Centre, Alveston Hill, Bristol BS35 3JB
Zenshin Dojo Martial Arts - Relaxed and friendly sessions		
Tuesday 19:30 - 21:00	Rob Jones 0758 3000220 robzenshindojo@gmail.com https://zenshindojo.blogspot.co.uk/	Page Community Hall, Page Road, Bristol BS16 4NE
Adult Taekwon-Do - Martial Arts		
Tuesday 19:00 - 20:00	Raymond Gayle raygayle@me.com	Yate Leisure Centre, Kennedy Way, Yate, Bristol, BS37 4DQ
Tang Soo Do - Relaxed and friendly martial art club		
Tuesday 20:00 - 21:30	Paul Townsley Paul.townsley@blueyonder.co.uk https://www.facebook.com/Chipping-Sodbury-Tang-Soo-Do-148059445231578/?fref=ts	Chipping Sodbury Sports Centre (Chipping Sodbury School) Bowling Rd, Chipping Sodbury, Bristol BS37 6EW
Taekwondo - Korean Martial Art,		
Wednesday 19:45 - 21:00	Hanham and Downend Taekwondo 07729358691 hdtkd@live.com https://www.facebook.com/hdtkd.hanham	Hanham Woods Academy, Memorial Road, Hanham, Bristol BS15 3LA
Zenshin Dojo Martial Arts - Ladies only session		

When	Contact	Location
Wednesday 19:30 - 21:00	Rob Jones 0758 3000220 robzenshindojo@gmail.com https://zenshindojo.blogspot.co.uk/	Page Community Hall, Page Road, Bristol BS16 4NE
Judo - Patchway Judo Club. Recreational and competitive Judo, have fun and get fit while learning new skills.		
Thursday 19:30 - 20:45	Alison Finn 07974105179 finnalison@live.co.uk http://www.patchwayjudo.org/	Patchway Youth Centre, Coniston Road, Bristol BS34 5JP
Tae-Kwon Do - Temples Tae-Kwon Do. Fun and social martial arts. Get fit while learning new skills.		
Thursday 18:15 - 19:30	Ben Temple 07825369487 btemple@hotmail.com http://www.templestk.com/templestk.com/Home.html	Thornbury Leisure Centre, Alveston Hill, Bristol BS35 3JB
Tang Soo Do -		
Thursday 20:00 - 21:30	Paul Townsley Paul.townsley@blueyonder.co.uk https://www.facebook.com/Chipping-Sodbury-Tang-Soo-Do-148059445231578/?fref=ts	Chipping Sodbury Sports Centre (Chipping Sodbury School) Bowling Rd, Chipping Sodbury, Bristol BS37 6EW
Taekwondo - Korean Martial Art,		
Friday 19:00 - 20:00	Hanham & Downend Taekwon-Do 07729358691 hdtkd@live.com https://www.facebook.com/hdtkd.hanham	Downend Sports Centre, Garnett Pl, Emersons Green, Bristol BS16 6XA
Karate - South Gloucestershire Karate Academy.		
Friday 18:30 - 20:00	Ivor Thomas 07814106847 ivorthomas2002@yahoo.co.uk https://www.facebook.com/South-Gloucestershire-Karate-Academy-267829823263772/	Patchway Community Centre, Rodway Road, Patchway, Bristol BS34 5PF
Adult Taekwon-Do - Martial Arts		

When	Contact	Location
Friday 19:00 - 19:55	Raymond Gayle raygayle@me.com	Yate Outdoor Sports Complex, Broad Lane, Yate, Bristol BS37 7LB
Zenshin Dojo Martial Arts - Relaxed and friendly sessions		
Friday 09:45 - 11:15	Rob Jones 0758 3000220 robzenshindojo@gmail.com https://zenshindojo.blogspot.co.uk/	Page Community Hall, Page Road, Bristol BS16 4NE
Zenshin Dojo Martial Arts - Relaxed and friendly sessions		
Saturday 09:00 - 10:30	Rob Jones 0758 3000220 robzenshindojo@gmail.com http://zenshindojo.com	Kings Oak Academy, Brook Rd, Kingswood, Bristol BS15 4JT
Judo - Patchway Judo Club, Recreational and competitive Judo, have fun and get fit while learning new skills.		
Saturday 11:30 - 13:00	Alison Finn 07974105179 finnalison@live.co.uk http://www.patchwayjudo.org/	Patchway Youth Centre, Coniston Road, Bristol BS34 5JP
Taekwondo - Korean martial art		
Sunday 11:30 - 12:30	Hanham & Downend Taekwon-Do 07729358691 hdtkd@live.com https://www.facebook.com/hdtkd.hanham	Downend Sports Centre, Garnett Pl, Emersons Green, Bristol BS16 6XA

For more information visit www.southglos.gov.uk/sportspound
This flyer was last updated on Wednesday 14 November 2018