

# MIXED ABILITY CALENDAR

## MONDAY

### Mixed Ability Golf (Adults)

 **St Ives Golf Course, BD16 1AT**

 **4:30 - 6:30pm**

 **Meg 07855009540**



## TUESDAY

### Mixed Ability Floor Curling (Adults)

 **Karmand Community  
Centre BD3 9EP**

 **1pm - 2pm**

 **Aaliya  
07754761749**

### Mixed Ability Non Contact Boxing (7-16yrs)

 **Heaton Tennis & Squash  
Club, BD9 5PH**

 **5pm - 6pm**

 **Sarah 07769359612**

### Mixed Ability Non Contact Boxing (Adults)

 **Heaton Tennis & Squash  
Club, BD9 5PH**

 **6:30 - 7:30**

 **Sarah 07769359612**

### Mixed Ability Cricket (Adults)

 **Bowling Old Lane Cricket  
Club, BD5 8BH**

 **6pm - 7pm**

 **Lou 07583247118**

### Mixed Ability Archery (Men/Boys)

 **Karmand Community  
Centre, BD3 9EP**

 **6:15pm - 7:45pm**

 **Aaliya 07754761749**

### Mixed Ability Kickboxing (Teens)

 **Physical Impact Kickboxing  
Academy, 182 Harris Street, BD1 5HA**

 **7pm - 8:30pm**

 **Shab 07400016416**



## WEDNESDAY

### Mixed Ability Crown Green Bowls (Adults)

 **Myrtle Park Bowling Club,  
BD16 1HG**

 **10:30am - 12pm**

 **Ken 07891632699**

## THURSDAY

### Mixed Ability Ladies Night / MultiSports

 **Karmand Community  
Centre, BD3 9EP**

 **8pm - 10pm**

 **Aaliya 07754761749**



### Mixed Ability Archery (Women/Girls)

 **Karmand Community  
Centre, BD3 9EP**

 **5:30pm - 6:45pm**

 **Aaliya 07754761749**

### Mixed Ability Kickboxing (Teens)

 **Physical Impact Kickboxing  
Academy, 182 Harris Street, BD1 5HA**

 **7pm - 8:30pm**

 **Shab 07400016416**

## FRIDAY

### Mixed Ability Rugby (Bumble Bees)

 **Bradford & Bingley or Baildon RFC's  
BD16 1LT or BD17 6RS**

 **11am - 12:30pm**

 **Steve 07801166744**

### Mixed Ability Kinball & MultiSport (Family Fun)

 **Karmand Community Centre,  
BD3 9EP**

 **11am - 12:30pm**

 **Aaliya 07754761749**

## SATURDAY

### Mixed Ability Football (Women & Girls)

 **Karmand Community Centre,  
BD3 9EP**

 **1pm - 2pm**

 **Aaliya 07754761749**



### Mixed Ability Kickboxing (Kids)

 **Physical Impact Kickboxing  
Academy, 182 Harris Street, BD1 5HA**

 **2pm - 3pm**

 **Shab 07400016416**

### Mixed Ability Fencing

 **Karmand Community Centre,  
BD3 9EP**

 **Females 5 - 6pm / Males 4 - 5pm**

 **Aaliya 07754761749**

### Mixed Ability Archery

 **Karmand Community Centre,  
BD3 9EP**

 **Females 4 - 5pm / Males 5 - 6pm**

 **Aaliya 07754761749**

### Mixed Ability Boxing Non Contact (Kids)

 **Karmand Community Centre,  
BD3 9EP**

 **6 - 7pm**

 **Aaliya 07754761749**

