

#### Physical Activity **Lampton** Leisure

**Residents must meet the following criteria:**

- Lives, works, studies and/or is registered with a Hounslow GP

**Time Commitment:** On demand

**Offer:** Free Classes include gentle exercise, family circuit, mixed basketball sessions for 13+, under 18s basketball, women's only basketball sessions. Other classes include ladies only classes, disability swimming, family swimming, women's only general swim and aqua classes. See below.

Osterley Sports Club	Family Circuit	Monday	5pm to 6pm	Booking via app, website or reception	FREE
Osterley Sports Club	Gentle Exercise	Wednesday	1pm to 2pm	Booking via app, website or reception	
Osterley Sports Club	Women's basketball	Monday	7pm to 9pm	Booking via app, website or reception	
Brentford Fountain Leisure Centre	Mixed basketball 13 years plus	Wednesday	7pm to 9pm	Booking via app, website or reception	
Brentford Fountain Leisure Centre	Under 18 years basketball	Sunday	10am to 12 noon	Booking via app, website or reception	