

Clubs that use facilities at Cowley International College



	Name	Details	Contact
	Pilates	Monday evening 6.00 – 7.00pm or 7.00 – 8.00pm	www.fitnessflowpilates.co.uk Instagram and Facebook is: @fitnessflowpilates
	St Helens Shukokai Karate	Learn and build confidence, respect, focus & discipline. Classes for kids & adults. Cowley International College gymnasium every Wednesday evening 7.00 – 8.00pm	For more information call 07799 361 401 Twitter and Instagram: @sthelenskarate Facebook: St Helens Shukokai Karate
	Sports4kids	Football lessons for children, 18 months to 6 years Every Saturday 9.15 – 12 noon	https://sport4kids.biz/football-venues/cowley-international-college
	Taekwondo	Cowley International College gymnasium every Tuesday evening 6.00 – 7.00pm or 7.00 – 8.00pm	TBC
	Kaze Arashi Ryu Traditional Japanese Martial Arts	Cowley International College gymnasium every Saturday morning 10.30am – 12.30pm	https://www.ukkar.co.uk/