

SPORTS
CALENDAR

London Men's Home Football

February 9
Fulham v Man Utd, 12:30
February 9
QPR v Birmingham City, 15:00
February 10
Tottenham v Leicester City, 13:30
February 13
Tottenham v Borussia Dortmund, 20:00
February 16
QPR v Leeds United, 15:00
February 19
QPR v West Bromwich Albion, 19:45
February 21
Arsenal v BATE Borisov, 17:55
February 21
Chelsea v Malmö FF, 20:00
February 24
Arsenal v Southampton, 14:05
February 24
Chelsea v Brighton, 12:00
February 27
Arsenal v AFC Bournemouth, 19:45
February 27
Chelsea v Tottenham Hotspur, 20:00
March 2
Fulham v Chelsea, 15:00
March 2
Tottenham v Arsenal, 15:00

London Women's Home Football

TBC, Arsenal v Man Utd,
February 6
Chelsea v Man City, 19:30
February 10
Fulham v Parkwood Rangers, 14:30
February 13
QPR v Watford, 19:45
February 17
Arsenal v TBC, SSE Women's FA Cup
February 17
QPR v Leyton Orient, 14:00
February 20
Chelsea v Bristol, 19:30
February 20
Tottenham v Leicester City, 19:45
February 21
Arsenal v Yeovil, 19:30
March 13
QPR v Gillingham, 19:45

Home Nations Men's Football
Fixtures

March 20
Wales v Trinidad and Tobago, 19:45
March 21
Northern Ireland v Estonia, 19:45
March 21
Kazakhstan v Scotland, 15:00
March 22
England v Czech Republic, 19:45
March 24
San Marino v Scotland, 17:00
March 24
Northern Ireland v Belarus, 19:45
March 24
Wales v Slovakia, 14:00
Home Nations

Women's Football Fixtures

February 27
England v Brazil, 21:00



February 28
Ireland v Wales, TBC
March 2
USA v England, 21:30
March 4
Iceland v Scotland, TBC
March 5
Japan v England, 22:15
March 9
England v Scotland, 17:00
April 4
Wales v Czech Republic, TBC

Premiership Rugby

February 15
Gloucester Rugby v Exeter Chiefs, 19:45
February 16
Northampton Sts v Sale Sharks, 14:00
February 16
Bath Rugby v Newcastle Falcons, 15:00
February 16
Harlequins v Worcester Warriors, 15:00
February 16
Saracens v Leicester Tigers, 15:00
February 17
Bristol Bears v Wasps, 15:00
February 22
Gloucester Rugby v Saracens, 19:45
February 23
Harlequins v Bristol Bears, 14:00
February 23
Wasps v Sale Sharks, 14:00
February 23
Exeter Chiefs v Newcastle Falcons, 14:30
February 23
Northampton Saints v Bath Rugby, 14:45
February 24
Worcester Warriors v Leicester Tigers, 13:00
March 1
Bristol Bears v Gloucester Rugby, 19:45
March 2
Bath Rugby v Harlequins, 15:00
March 2
Leicester Tigers v Wasps, 15:00
March 2
Sale Sharks v Exeter Chiefs, 15:00
March 2
Saracens v Northampton Saints, 15:00
March 3
Newcastle Falcons v Worcester Warriors, 15:00

Home Nations International
Cricket

Until March 10, England v West Indies
February 13, Scotland v Netherlands
February 15, Ireland v Scotland
February 17, Oman v Scotland

Tennis

courtesy of Sky Sports
February 4-10
ATP Ecuador Open Quito,
Quito, Ecuador
ATP Open Sud de France,
Montpellier, France
ATP DIEMA Xtra Sofia Open,
Sofia, Bulgaria
February 11-17
ATP Argentina Open,

Buenos Aires, Argentina
ATP ABN AMRO World Tennis
Tournament,
Rotterdam, Netherlands
ATP New York Open,
New York, United States of America
February 18-24
ATP Open 13 Provence,
Marseille, France
ATP Delray Beach Open, Delray Beach,
Florida, United States of America
ATP Rio Open presented by Claro, Rio
de Janeiro, Brazil

Golf

courtesy of englandgolf.org
February 11-14
African Amateur Stroke Play
Championship, Men's, Leopard Creek
Country Club
February 13-16
Portuguese International Amateur
Championship, Men's,
Montado Golf Resort
Portuguese Amateur, Women's,
February 17-22
Sanlam SA Amateur Championship,
Men's,
King David Mowbray Golf Club
February 26-March 1
South African Stroke Play
Championship, Men's,
De Zalze Golf Club
February 27-March 3
Spanish International Amateur
Championship, Men's,
Las Colinas Golf & Country Club
Spanish Amateur, Women's,
February 22
Spanish International Ladies' Stroke Play
Championship, Women's,
Zaudin Golf Club

Red Bull Air Race

April 20-22
The Red Bull Air Race
makes its debut in France. Cannes
airrace.redbull.com

Formula 1

March 15-17,
Australian Grand Prix, Melbourne#
March 29-31,
Bahrain Grand Prix, Sakhir
April 12-14,
Chinese Grand Prix, Shanghai
formula1.com

Formula E

February 16, Mexico City, Mexico
March 10, Hong Kong, China
March 23, Sanya, China
April 13, Rome, Italy
fiaformulae.com

World Endurance Championship
2019

March 15
1000 Miles of Sebring,



Sebring International Raceway,
Sebring, United States
May 4 2018
6 Hours of Spa-Francorchamps,
Circuit de Spa-Francorchamps, Spa,
Belgium
June 15-16
24 Hours of Le Mans,
Circuit de la Sarthe, Le Mans, France
fiawec.com

World Rally Championship

February 14-17, Rally Sweden
March 7-3, Rally Guanajuato México
March 28-31, Corsica Linea-Tour de
Corse, Corsica
April 25-28, YPF Rally Argentina
May 9-12, COPEC Rally Chile
wrc.com

Marathons in the UK

February 14, Valentine's Day Challenge
Marathon, Gravesend, Kent
February 23, Northumberland Coastal
Marathon,
Bamburgh Castle, Northumberland
Mar 2, Belvoir Challenge 26,
Melton Mowbray, Leicestershire
Mar 3, Steyning Stinger Marathon,
Steyning, West Sussex

Marathons in Europe

February 10, Schoorl Run,
Schoorl, Netherlands
February 17, Seville Marathon,
Seville, Spain
February 23, Bad Salzuflen Marathon,
Bad Salzuflen, Germany
February 23, Kiel Marathon,
Kiel, Germany
February 24, Malta Marathon,
Medin-Sliema, Malta

International Marathons

February 10, Auroville Marathon,
Auroville, India
February 10, Buriram Marathon,
Buriram, Thailand
February 17, Okinawa Marathon,
Okinawa, Japan
February 22 Tel Aviv Marathon,
Tel Aviv, Israel
March 1, Persian Gulf Run Marathon,
Tehran, Iran
March 3, Kilimanjaro Marathon,
Moshi, Tanzania
March 3, Tokyo Marathon, Tokyo, Japan
marathonrunnersdiary.com

Cycling

courtesy of cyclingnews.co.uk
February 9, DVV verzekering trofee –
Krawatencross, Cyclo-cross, Lille
February 10, Telenet Superprestige
Hoogstraten, Cyclo-cross, Hoogstraten
February 12-17, Tour Colombia,
Antioquia
February 16, Telenet Superprestige
Noordzeecross Middelkerke,
Cyclo-cross, Middelkerke
February 16-21, Tour of Oman, Oman
February 20-24, Volta ao Algarve em
Bicicleta, Algarve
February 25-March 2, UAE Tour, UAE
February 27, UCI Track World
Championships, Track, Pruszków
March 2, Omloop Het Nieuwsblad Elite
Men, Ghent

Compiled and edited by Fahad Redha

online: www.KCWToday.co.uk

Fun fitness classes
to kick start
February
By Ellen Harper

With the winter blues well
and truly on top of us, there is
no better way to combat them
than with exercise and fitness.

Whilst the skies are morbidly
grey and the air is bitingly
cold, *KCW Today* searched
high and low and found the classes we
believe will inspire you. This time of
the year depletes the 'new year, new
me' motivation out of us, but we believe
these classes will put some joy back
into the daily grind. All the fun fitness
trends compiled here, accommodate
beginners in a friendly, motivational
and encouraging way. Whilst it may
be a struggle to even get out of bed in
the morning, we hope these classes
will inspire you to fight the winter and
embrace a new can-do attitude.

HIIT

HIIT is the new, vogue form of
endurance training that combines short
periods of intense anaerobic exercise,
with short recovery periods. Although it
is commonly a stand-alone class, HIIT
is also available as forms of yoga and
Pilates.
Energie Fitness, Battersea
44 Falcon Road, Battersea, London,
SW11 2LR
Classes 7 days a week
Standard membership: £25.99 (plus £25
admin fee)
WOW membership: 28.99 (Plus £25
admin fee)
020 3475 0744
Battersea@energiefitness.com
www.energiefitness.com/battersea

Boomcycle

Upon bike machines, spin classes
are group indoor cycling sessions
that work your fitness and test your
stamina. Turning your spin class into an
immersive disco experience, Boomcycle
use a world class sound system, dark
lights and high energy motivation to

make spin fun.
Boomcycle Studio
Units 1 & 3, Circus Village West,
London, SW11 8AB (and various other
locations)
Intro Offer of 3 rides: £29 valid for 2
weeks
1 ride: £18 valid for 1 month
Unlimited rides: £135 valid for 1 month
Classes 7 days a week
020 3034 0711
battersea@boomcycle.co.uk
www.boomcycle.co.uk

Air Acrobatics

Flying fantastic give everyone, of every
age group and ability the chance to
train with aerial acrobats. Aerial yoga,
Pilates and trapeze enhance your fitness,
whilst giving you the opportunity to live
out your childhood fantasies of being a
circus performer.
Flying Fantastic
The Wilditch Centre, 48 Culvert Road,
London, SW11 5BB (and various other
locations)
Introductory offer of 3 classes: £45 valid
for 1 month
5 Aerial Classes: £85 valid for 1 month
10 Aerial Classes: £170 valid for 3
months
Kids and adult classes 7 days a week
02079282093
info@flyingfantastic.co.uk
www.flyingfantastic.co.uk

Pole Dancing

Try your hand at the exotic, seductive
fitness activity that is pole dancing,
taught by experts at the Royal Academy
of Dance in Battersea.
Contours Pole
Royal Academy of Dance, 36 Battersea
Square, London, SW11 3RA
Various classes for different skill levels at

various times throughout the week
5 classes: £67.50 valid for 2 months
10 classes: £115 valid for 4 months
Introductory offer: £10.50 (online only)
Student discount also offered
07887 842 740
enquiries@contourspole.co.uk
www.contourspole.co.uk

Capoeira

A Brazilian martial art that was invented
in the 16th century has become one
of the latest fitness trends in London.
Using elements of Brazilian dance,
acrobatics and movements it combines
a mixture of fast, powerful and strong
kicks, spins and other moves.
NagoUK
Fitness First, 34 St. Johns Hill, London,
SW11 1SA
£15 per class
Every Saturday 2.45-4.45pm
Women's and children's classes also
available at other location
07958 374 617
07852 608 490
polegarnago@hotmail.co.uk
Guerreironago1@hotmail.com
www.nagouk.com

Hypoxic 5

A hypoxia chamber is another term for
an altitude chamber; allowing you to



maximise your workout in high altitude
conditions. Using 6 machines for 6
minutes each, the session will work you
in a more testing environment than the
norm. Third Space also run a variety
of interesting meditation and fitness
classes.
Third Space London, Soho
67 Brewer St, Soho, London, W1F 9US
Fridays- 12.15-13.00
Full membership: £195 monthly
Weekend: £100 monthly
020 7439 6333
www.thirdspace.london

FloatFit

Choose between HIIT or balance
classes, that work you out using
floats poised in water as your base.
Collaborating with gyms and fitness
centres across the country, FloatFit run
a variety of classes at a variety of times,
including classes for kids.
Westminster locations:
The Haymarket Hotel- 1 Suffolk Place,
London, SW1Y 4HX
Dolphin Square, Chichester Street,
London, SW1V 3LX
Adult classes (16+): Saturday mornings
Aquafitness run various packages and

prices are available upon request.
0800 0190 150
info@aquaphysical.com
www.aquaphysical.com/floatfit-classes/

Rabble Playground Games

With their own takes on *Quidditch*,
Netball, Dodgeball and various other
real and fictitious playground sports, you
will get fit whilst taking a nostalgic trip
down memory lane.
Clapham Common and Hyde Park
Introductory Offer of three games: 19.50
valid for 3 months
London Unlimited: £39 per month
1 game: £14 for 1 month
10 games: £89 for 10 for 6 months
Games every week day evening and
every weekend
07799 252 057
www.joinrabble.com

Paddleboarding

Paddleboard down the River Thames on
a variety of excursions, classes or simply
by yourself. Experience the city from
the water, whilst burning calories and
nurturing a new hobby meanwhile.
Active360
Paddington Basin, Paddington
2 hour-trip for beginners: £57
2 hour-trip for returning paddlers: £22
Paddleboard yoga classes: £30 per
session
All age and ability classes run
throughout the week
020 3383 5360
info@active360.co.uk
Active360.co.uk
Active360 are teaming up with a variety
of local charities, aiming to clear up the
river. Paddleboarders can assist with the
Great British Spring Clean-Up being
held on March 23rd, by litter picking
aboard a board. Email volunteer@
thisispaddington.com for more info.

Barre Classes

A derivation of ballet, this fitness class
tests, challenges and works your entire
body, using the ballet barre as the main
prop for the workout. Working on your
strength, posture and balance, Psycle
run a variety of different skill level and
length classes to suit your abilities and
schedule.
Psycle London
Psycle Studios, Mortimer Street,
Westminster, W1W 7RR
Variety of classes every day at a variety
of times
Intro Offer: £20 for 2 classes, valid for 2
weeks
Single class: £20, valid for 3 months
10 pack: £180, valid for 6 months
50 pack: £775, valid for 12 months
020 3150 2644
mortimerst@psyclelondon.com
www.psyclelondon.com/studio/mortimer-st