

➔ Sports & Fitness

MVP

Lofty Goals

Mohammad Ujam shoots and scores for the community with **China ClubFootball**

Describe China ClubFootball. CCF was China's first foreign-invested, amateur football enterprise and it has developed into one of Beijing's biggest sports networks, with thousands of people enjoying the game every week. We play five-a-side games, and some of us help coach the junior league and coach for charity. It's great

The next Ronaldo may come from China

fun and a good way to meet people from different cultures and backgrounds.

How can people participate? Men, women and children can all get

involved! By registering with CCF you can play in the largest five-a-side league in Beijing year round. Women are now showing a bigger interest, proving that its not just a man's game, and there were over 1,000 kids competing in the Spring 2011 Junior Cup. **What does CCF do for the community?** We are actively engaged in the Football For Life campaign,

which aims to promote the vision of grassroots football as a force for good in the lives of children affected by migration. Even though we are from different parts of the world, our love and passion for football is no different. **What's it like playing and coaching in Beijing?**

Coming from Scotland, our summers are much colder, so I am still getting used to the heat! It's very exciting though. Keep an eye on CCF—the next Ronaldo may come from China!

Beijing China ClubFootball, www.club-football.com.cn, Tel: 5130-6893/4/5/6

Mohammad Ujam bridges cultures through football



Biking

FROM FRI, JUNE 24

The Peloton: Mongolia

The Beijing Peloton joins up with the Ulan Baatar group for their annual MTB expedition to Mongolia for nine days of cycling on the steppe. Contact the group for more information and registration.

The Peloton tomlanhove@gmail.com
www.mongoliaproccycling.com

Hiking

SATURDAY, JUNE 18

★ Singles Hike

What better way to meet your soul-mate than by heading out on a singles hike? Spend the day with single hotties as you tour Wanguan Valley. 8am

Culture Yard 8404-4166
contact@cultureyard.net, cultureyard.net

SUNDAY, JUNE 26

A Long Way to Pray For Rain

Wind around the Dragon Spring Valley through ruined villages, over mountains and generally explore the countryside and natural beauty of China amid new friends. ¥280 includes cost of transportation. Call to book your space and verify departure location.

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

Martial Arts

EVERY TUE, THU + SUN

Capoeira

Capoeira is a Brazilian martial art that was created in the 17th century by African slaves. It combines fighting technique with music, trickery and acrobatics, and has grown to be an internationally recognized art form. It's also a good workout that will improve your fitness and agility. The first class is free. 8:30pm

Mandinga Capoeira Beijing
186-1170-5854, mandingabeijing@gmail.com
www.capoeira-beijing.com

ONGOING

Krav Maga Classes

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces and is accessible to people of any shape or size. Classes will teach you how to defend yourself while improving fitness. Classes are Mondays and Wednesdays at 7:30pm, Tuesdays and Thursdays at 7pm, and Saturdays at 9am.

Krav Maga Beijing 187-1019-0150, info@kravmagabeijing.com, www.kravmagabeijing.com

Football

EVERY SATURDAY

★ American Football

Get our your shoulder pads and hit the field every Saturday for exciting all-American football. Teams compete June-August for the title of best American football team in the city. Entrance into the games is free. 11am
Chaoyang Park, beijingguardians@gmail.com
www.beijingguardians.com

Yoga

EVERY MONDAY

Kocoon Yoga Class with Live Music

Kocoon offers yoga classes that combina Hatha and Ashtanga yoga, as well as Pilates. During the session, students will also be able to enjoy a private concert of soothing live guitar and improvised chants. ¥200. Classes limited to six people. Reservations required, with a 50 percent cancellation deposit. 8pm

The Opposite House 5208-6068
kocooninfo@kocoonspalounge.com
www.kocoonspalounge.com/?p=3327

ONGOING

Ashtanga Mysore Guided Self Practice

Learn the Ashtanga yoga series or develop your established practice every weekday morning at Fine Yoga. Classes are directed by Ms. Duangta from Thailand. She speaks English, Thai and Mandarin and is a direct student of certified Ashtanga teacher John Scott. Sign up and find more information online. 6:45am

Fine Yoga 5900-3192, 139-1176-7521
info@fine-yoga.com, www.FineYoga.com

Listings

Find ALL of Beijing's sports clubs and organizations online at www.cityweekend.com.cn. Below are those with the highest BUZZ.

Biking

Fixed Gear Bike Club This group of fixed-gear bikers gets an adrenaline kick out of biking really fast around Beijing. They ride once or twice every week. Fixed-gear bikes are great for control and popular in very urban areas. Learn more or join the next ride by visiting their Facebook group. Lido > 10 Jiuxianqiao Lu (Dashanzhi round about) 酒仙桥路10号. Tel: 139-1146-7391. ines@trick-bike.com. www.facebook.com/group.php?gid=4773749604

The Peloton This is Beijing's premier road bike cycling community. The Peloton organizes well-attended twice-weekly road rides all year outside of Beijing and closer in for all levels of riders. They also do some

+ Add Your Event: Every issue we publish THE BEST events from our website. Next issue covers June 30-July 13. Upload your event by June 20.
www.cityweekend.com.cn