

# Berkshire East

## BRACKNELL Sessions

Day	Time	Activity	Contact	Venue
Mon	11.00 - 12.00	Yoga	Ros	Bracknell Open Learning Centre, Rectory Lane RG12 7GR
Tues	2.00 - 3.00	Table Tennis	Mervin	Bracknell Leisure Centre, Bagshot Rd, RG12 9SE
Tues	3.00 - 4.00	Badminton	Mervin	Bracknell Leisure Centre, Bagshot Rd, RG12 9SE
Thurs	2.00 - 3.00	Wellbeing Walk	Peter	Outside Reception, South Hill Park, Ringmead, RG12 7PA
Thurs	3.00 - 4.00	Football	Charlie	Bracknell Leisure Centre, Bagshot Rd, RG12 9SE
Fri	1.00 - 2.00	Boxing Fitness <b>ON HOLD</b>	Daniel	The Ring, 14 Market St, Bracknell RG12 1JG postcode is back of building, in carpark, walk around to the front

## SLOUGH Sessions

Mon	2.00 - 3.00	Zumba	Sylvia	29 Church Street, Slough, SL1 1PL
Tues	3.00 - 4.00	Football	Callum	Montem Leisure Centre, Montem Lane, Slough, SL1 2QG
Thurs	11.00 - 12.00	Table Tennis	Mervin	Montem Leisure Centre, Montem Lane, SL1 2QG
Thurs	12.00 - 1.00	Badminton	Mervin	Montem Leisure Centre, Montem Lane, Slough, SL1 2QG

## ASCOT, WINDSOR AND MAIDENHEAD Sessions

Mon	2.00 - 3.00	Badminton	Mervin	Windsor Leisure Centre, Clewer Mead, Stovell Rd, Windsor SL4 5JB
Mon	3.00 - 4.00	Tai Chi	Steve	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Wed	1.30 - 2.30	Football	Callum	Braywick Park 3G Pitch, Braywick Road, Maidenhead SL6 1BN
Thurs	10.30 - 11.30	Yoga	Carole	York Centre 42 York Road, Maidenhead SL6 1SH
Thurs	2.30 - 3.30	Yoga	Daniela	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Thurs	6.00 - 7.00	Yoga	Lisa	Sunningdale Village Hall, Church Road, Sunningdale, Ascot, SL5 0NJ
Fri	11.00 - 1.00	Table Tennis/ Badminton	Mervin	Magnet Leisure Centre, Holmanleaze, Maidenhead SL6 8AW

Contact Laura Brooks on: 07341 267740 or [info@sportinmind.org](mailto:info@sportinmind.org) for more information