

Berkshire West Timetable

READING and WOKINGHAM Sessions

Day	Time	Activity	Contact	Venue
Mon	12.00 -1.00pm	Badminton/ Table Tennis	Gill	Woodford Park Leisure Centre, Haddon Dr, Woodley, Reading, RG5 4LY
Mon	2.00 - 3.00pm	Yoga	Julie	Meadway Leisure Centre, Reading RG30 4BZ
Mon	5.00 - 6.00pm	Badminton	Tony	Theale Green Recreation Centre, Theale RG7 5DA <i>(Head through Theale Green School gates and follow the road around the back to the Recreation Centre)</i>
Mon	6.30 - 7.00pm	Jog/ Walk	Laura	Near changing rooms Prospect Park, Reading RG30 2ND
Mon	7.30 - 8.30pm	Badminton/ Table Tennis	Gill	Emmbrook Secondary School, Emmbrook Rd, Wokingham RG41 1JR
Tue	12.00 -1.00pm	Women's Football	Laura	Prospect Park Astroturf Pitches, Reading RG30 2ND
Tue	2.00 - 3.00pm	Football	Ashley	Prospect Park Astroturf Pitches, Reading RG30 2ND
Wed	12.00 -1.00pm	Table Tennis	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Wed	1.00 - 2.00pm	Badminton	Gill	Rivermead Leisure Centre, Reading RG1 8EQ
Thurs	12.00-2.00pm	Tennis	Phil	Tennis Dome, Reading University, Shinfield Rd, Reading, RG2 7BW
Fri	12.00-1.00pm	Walk	Paul	Near changing rooms Prospect Park, Reading RG30 2ND

WEST BERKSHIRE Sessions

Mon	2.30 - 3.30pm	Yoga	Helen	Northcroft Leisure Centre, Newbury RG14 1RS
Tue	3.00 - 3.45pm	Yoga	Helen	The Lambourn Centre, Close End, Lambourn RG17 8NJ
Tue	3.00 - 4.00pm	Football	Mark/Tony	Northcroft Leisure Centre, Newbury RG14 1RS
Wed	6.00 - 7.00pm	Badminton	Tony	Kennet Leisure Centre, Thatcham, RG19 4LJ
Wed	7.30 - 8.30pm	Football	Tony	St Bartholomew's School, Andover Road, Newbury RG14 6JP
Thu	3.00 - 4.00pm	Badminton	Mal	Northcroft Leisure Centre, Newbury RG14 1RS
Fri	4.00 - 5.00pm	Table Tennis	Mal	Thatcham Parish Hall, Chapel Street, RG18 4JP

Contact: Laura Brooks on: 07341 267740 or info@sportinmind.org