

Berkshire West Timetable

READING and WOKINGHAM Sessions

Day	Time	Activity	Contact	Venue
Mon	12.00 - 1.00	Badminton/ Table Tennis	Gill	Woodford Park Leisure Centre, Haddon Dr, Woodley, Reading, RG5 4LY
Mon	2.00 - 3.00	Yoga	Julie	Meadway Leisure Centre, Reading RG30 4BZ
Mon	5.00 - 6.00	Badminton	Tony/ Craig	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 - 7.00	Jog/ Walk	Laura	Next to changing rooms Prospect Park, Reading RG30 2ND
Tue	12.00 - 1.00	Women's Football	Laura	Prospect Park Astro turf Pitches, Reading RG30 2ND
Tue	2.00 - 3.00	Football	Phil	Prospect Park Astro turf Pitches, Reading RG30 2ND
Wed	12.00 - 1.00	Table Tennis	Gill	Rivermead Leisure Centre, Reading RG1 8LL
Wed	1.00 - 2.00	Badminton	Gill	Rivermead Leisure Centre, Reading RG1 8LL
Thurs	2.00 - 4.00	Tennis	Tom	Green and White Tennis Dome, Reading University, Shinfield Rd, Reading, RG2 7BW
Fri	12.00 - 12.45	Walk	James	Next to changing rooms Prospect Park, Reading RG30 2ND

WEST BERKSHIRE Sessions

Mon	2.30 - 3.30	Yoga	Helen	Northcroft Leisure Centre, Newbury RG14 1RS
Tue	3.00 - 3.45	Yoga	Helen	The Lambourn Centre, Close End, Lambourn RG17 8NJ
Tue	3.00 - 4.00	Football	Mark/ Tony	Northcroft Leisure Centre, Newbury RG14 1RS
Thu	11.00 - 11.30	Sitting Yoga	Helen	Friends Meeting House, 1 Highfield Av, Newbury, RG14 5DS
Thu	4.30 - 5.30	Badminton	Mal /Val	Northcroft Leisure Centre, Newbury RG14 1RS
Fri	4.00 - 5.00	Table Tennis	Mal	Thatcham Parish Hall, Chapel Street, Thatcham, RG18 4JP

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