

Forest Park Community Centre
 Horndean Road, Bracknell, Berkshire, RG12 0XQ
 For all enquiries or bookings call 01344 302872 or email forestparkcc@live.co.uk
 or visit our website www.forestparkcommunitycentre.org.uk

	Room	AM	PM	Evening
Monday	Hall	Little Movers & Shakers 10:00 – 11:00 11:30 – 12:30 Nellie Nomeikiene	Autistic Youth Club 16:00 - 18:00	Aerobics - PAYC 19:30 – 20:30 Liz Miller
	Lounge	Berks Autistic Society Parent Support Group 09:30 – 11:30 Monthly meeting	Little Movers & Shakers for Babies 14:00 – 14:30 Nellie Nomeikiene Autistic Youth Club 16:00 - 18:00	Stay Young Pilates 18:30pm – 19:30 Bracknell Lions @19.45pm 2 nd Monday of month
Tuesday	Hall	Childminders Drop In 10:00 -11:30	Slimming World 15:30 – 17:00 Marelise Morley	Slimming World 17:30pm – 19:00 19:30 – 21:00
	Lounge	Little Movers & Shakers for Toddlers 10:00 – 10:45 Nellie Nomeikiene	Little Movers & Shakers for Babies 13:30 – 14:00 Nellie Nomeikiene	Kuzala Yoga PAYC 19:30 - 21:00 Sue Altman
Wednesday	Hall	Toddlers Drop In - PAYC 10:00 -11:30	Bracknell & District Parkinson Physio Class 13:00 – 15:00	Kickboxercise (Ladies only) 18:00 – 19:00 Rachel Yeow Dog Training 19:15 – 20:15 Katy Munro
	Lounge	Little Movers & Shakers for Toddlers 10:00 – 11:00 11:30 – 12:30 Nellie Nomeikiene	Crafty Sew & Sews 13:15 -15:15 2 nd & 4 th Wed. each month Dancexite 16:15 – 17:30 & 17:30 – 18:30 Lowri Hughes	Yogalates - PAYC 20:30 – 21:30 Liz Miller
Thursday	Hall	Childminders Drop In 10:00 – 11:30	Forest Park Short Mat Bowls 14:00 – 16:30 Judo for children 17:00-18:30 Ryan Joseph	Clubbercise 19:20 & 20:10 Amy White
	Lounge	Foster Carer's Support Group 10:00 – 12:00 Meetings fortnightly		Pilates 19:00 – 20:00 Vicky Samways
Friday	Hall	Toddlers Drop In - PAYC 10:00 -11:30	Woodlands Short Mat Bowls 14:00 – 16:00	Forest Park Short Mat Bowls 19:00 – 21:30
	Lounge	Moo Music for children 10:00 – 10:45		
Saturday	Hall	Kick boxing & Kung Fu 09:00-11:00		
	Lounge		Belly Dance 11:00 – 13:00 Fortnightly	
Sunday	Hall	Forest Park Community Church (www.ciseb.org) 09.30 – 11:00 All Welcome		
	Lounge			