

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

	Room	AM	PM	Evening
Monday	Hall	Childminders Drop in Session 9.30am-11.30am		Zumba – Pay as you come 6.30pm – 7.30pm ----- Aerobics - Pay as you come 7.30pm- 8.30pm
	Lounge	Berks Autistic Society Parent Support Group 9.30am-11.30am (check meeting dates)		Mind Body & Pole 7pm – 8pm
Tuesday	Hall	Childminders Drop in Session 9.30am-11.30am	Woodlands Short Mat Bowls 2pm-4pm	Slimming World 7.30pm – 9pm
	Lounge		Slimming Doctor 5.30pm-6.30pm (2 nd & last Tues in month)	Youth Café – Drop in Session - FREE 7.45pm-9.45pm
Wednesday	Hall	Toddlers Drop in Session 10am-11.30		Zumba Dancing – Pay as you come. 7pm-8pm
	Lounge	Bumps and Babes Free Drop in Session 10am – 11.15am	Crafty Sew & Sews 1.15pm – 3.15pm 2 nd & 4 th Wed in Month	Yogalates – Pay as you come 8.30pm – 9.30pm
Thursday	Hall	Weight Watchers 10am -11am	Forest Park Short Mat Bowls 2pm-4.30pm	Dog Training 6.30pm-9.30pm Courses available
	Lounge	Jo Jingles 9.30am-10.15am 10.30am-11.15am Courses available		Card/Craft Making Group 7pm-9.30pm New Members welcome Pay as you come.
Friday	Hall	Toddlers Drop in Session 10am-11.45	Woodlands Short Mat Bowls 2pm-4pm	Forest Park Short Mat Bowls 7pm-9pm
	Lounge			
Saturday	Hall	Zumba – Pay as you come 9.30am – 10.30am		
	Lounge			
Sunday	Hall	Amateur Wrestling 11am – 3pm		
	Lounge			Yoga & Meditation Group 6pm – 7.30pm New Members Welcome