



Educafe Wellbeing Festival 2022: At-a-glance calendar

Free & low-cost health & wellbeing activities across Newbury & Thatcham through April to June



Find out more & register via Eventbrite:
<https://www.eventbrite.com/cc/educafe-wellbeing-festival-2022-182329>

Activity	Date & time	APRIL	MAY	JUNE	Venue
Gentle yoga for all	Mondays: 9.30-10.30am	4th & 25th	9th, 16th, 23rd	6th, 13th, 20th	West Berkshire Mencap
Bring a Baby Indoor Cycling*	Tuesdays: 13.30-2.15pm	5th & 26th	3rd, 10th, 17th, 24th	None	Northcroft Leisure Centre
Chair Yoga	Wednesdays: 2.30-3pm	6th, 13th, 20th, 27th	4th, 11th, 18th, 25th	1st, 8th, 15th, 22nd	Newbury Library
Legs bums & tums** (kids up to 4 welcome)	Wednesdays: 9.15-9.55	6th	4th	8th	Pineapple Cafe
Bring a Baby Aerobics*	Thursdays: 9.45-10.30am	7th & 28th	5th, 12th, 19th, 26th	None	Northcroft Leisure Centre
Bellydancing for beginners	Saturdays: 5.30-6.30pm	23rd & 30th	7th & 21st	4th & 18th	Allenova Dance School, Thatcham
Pilates for beginners	Sundays: 9.30-10.30am	24th	1st, 8th, 15th, 22nd, 29th	5th, 12th, 19th	Westridge Studio, Highclere
Yoga, breath & sound	Sundays: 11am to noon	None	1st & 29th	19th	Westridge Studio, Highclere
Berkshire Maestros Singing Café***	Wednesdays: 2.15-3pm	6th, 13th, 20th, 27th	4th, 11th, 18th, 25th	1st, 8th, 15th, 22nd, 29th	Waterside Centre
Nature Walk with Recovery in Mind	Tuesday 10th May: 11am to noon	None	10th	None	Thatcham Discovery Centre
Gong bath	Friday 27th May: 6.30pm to 7.45pm	None	27th	None	ACE Space
Nature walks on Bucklebury Common	Different dates & times - see across.	Sunday 10th April at 8.30am	Saturday 28th May at 10am	None	Meet at Upper Bucklebury Memorial Hall carpark
Allotment Group with Sport in Mind	Every Sunday: 11.30am to 3.30pm	3rd, 10th, 17th, 24th	1st, 8th, 15th, 22nd, 29th	5th, 12, 19th, 26th	Access via Braunfels Walk, Newbury

*Bring a baby classes can be booked through Northcroft Leisure Centre's website: <https://www.leisurecentre.com/northcroft-leisure-centre> or by calling 01635 31199.

**Legs bums & tums can be booked by contacting Nicci at fitwithnicci@outlook.com

***Singing Café is free until Easter. Please contact BimbiShaw-Cotterill@berkshiremaestros.org.uk for more information

