

# ACTIVITY SCHEDULE TDCA

Monday	
Tadley Under 5's	8.30am to 4pm
Sing Along Story Time 18mth-4yrs	9.45am to 10.30am
Sing Along Story Time 0- 18mths	10.45am to 11.30am
Karen's Aerobics	9.15am to 10.15am
Yoga - Maryrose	10am to 11am
U3A Chess	10am to 12pm
WG Pilates	11.15am to 12pm
WG Pilates	12.15pm to 1pm
WG Pilates (movement challenges)	1.45pm
U3A Bridge	2pm to 4.30pm
Breaking Barriers	4pm
4FitSake – Retro Dance Party	6.30pm to 7.30pm
Florence Dance	7.15pm to 8.15pm
Tae Kwon Do	7pm to 8pm
Sue Cordery Yoga	6-7pm

Tuesday	
Tadley Under 5's	8.30am to 4pm
Home Educators Educate	9.30am to 4.30pm
Community Pantry	3.30pm to 5.30pm
Tadley & Baughurst Art	10.30am to 12.30pm
Chillz Youth Yr 6	6pm to 7.15pm
Chillz Youth Yr 7+	7.30pm to 8.45pm
Badminton	6pm to 7pm
Boogie Bounce	6pm to 7pm
Men on Mats with Ali	7.30pm to 8.30pm
Oakley Stitchers 1 <sup>st</sup> of month	2.30pm to 4.30pm
4FitSake – Retro Dance	7.15pm to 8.15pm

Wednesday	
Community Pantry	9.30am to 12.30pm
Tadley Under 5's	8.30am to 4pm
Ali's Pilates	9.15am to 10.15am
Cheeky Chimps	9.30am to 11.30am
Baby Massage	10.30am to 12pm
Silver Surfers	1pm to 2.30pm
U3A French	2pm to 3pm
U3A Wine Tasting	2pm to 4pm
All Stars Theatre	4pm to 6pm
Vibe	6pm to 7.15pm
Boogie bounce	7pm – 8pm
Fab, Fit N Fun	6pm to 7pm
Sue Cordery Yoga	6-8pm

Thursday	
Tadley Under 5's	8.30am to 4pm
U3A Guitar	10am to 12pm
U3A Speaker Meeting (3rd Thursday)	11am to 12.30pm
Civil Service Retirement Fellowship (1 <sup>st</sup> Thurs)	1pm
U3A Art (2 <sup>nd</sup> & 4 <sup>th</sup> )	2pm to 4pm
MF Martial Arts- Mighty Matts (3-6 years)	5.15pm
MF Martial Art – Family 7+	6pm
4FitSake - Fitness Party	7.30pm
Ali's Pilates	6-7pm
Oakley Stitchers 3 <sup>rd</sup> of month	7-9pm
Stay, play & truff tray fun	12-2

Friday	
Tadley Community Pantry	12.30 to 2.30pm
Tadley Under 5's	8.30am to 4pm
Tete a Tete Coffee Morning	9.15am to 12pm
Soft Play (wk 1,3 & 5)	9.30am to 11.30am
Baby Bear Sensory (wks 2 & 4)	10am to 11.30am
WG Pilates	9am & 10am
Short Mat Bowls	1.45pm to 3.45pm
U3A Poker (1 <sup>st</sup> & 3 <sup>rd</sup> )	3pm to 5pm
South Berks Band	7.30pm to 10pm
National Blood Donation	Various times
Ali's Pilates	9am to 10.30am
Ali's trigger point	Once a month 6-7pm

Saturday	
Weight Watchers The Point	8.30am
Little Kickers, Junior Kickers & Mighty Kickers	8.35am to 11am
Cinema - first Saturday	7pm

Sunday	
Community Church	10am
U3A Sunday Plus	1pm