

Hirers at Edgbarrow Sports Complex

Time Monday	Class	Contact Details	Comments
5.30 – 6.30pm	Junior Strength & Conditioning	Berkshire Strength Academy Wayne Boardman E: wayne@stepupfoundation.org.uk www.stepupfoundation.org.uk	
6.15 - 7.15pm	HIIT	Thrive Alex O'Dwyer-Cheal E: enquiries@thrivefitnessandpilates.co.uk www.thrivefitnessandpilates.co.uk	
7.30 - 8.30pm	RikaFlex Strength and Conditioning	Rikashake Becky White E: beckygreenno1@gmail.com www.rikashake.co.uk	www.bookwhen.com/rikabex#focus=ev-sm5x-20190114193000
8.00 - 8.30pm	Rikashake	Rikashake Becky White E: beckygreenno1@gmail.com www.rikashake.co.uk	www.bookwhen.com/rikabex#focus=ev-sm5x-20190114193000
8.30 - 9.00pm	Rikashake	Rikashake Becky White E: beckygreenno1@gmail.com www.rikashake.co.uk	www.bookwhen.com/rikabex#focus=ev-sm5x-20190114193000
8.00 – 10.00pm	Renaissance Sword Club	Rory Merrall-Wyre E: wierdwyre@hotmail.co.uk www.renaissanceswordclub.com/crowthorne	

Tuesday			
7.45-8.45pm	Pilates	Thrive Alex O'Dwyer-Cheal E: enquiries@thrivefitnessandpilates.co.uk www.thrivefitnessandpilates.co.uk	
Wednesday			
5.30 – 6.30pm	EPC Football (Junior)	EPC Natalie Adams E: natalie@e-p-c.co.uk www.e-p-c.co.uk	
6.00 – 8.00pm	Berkshire Youth Athletics Club	Wayne Boardman E: wayne@stepupfoundation.org.uk www.stepupfoundation.org.uk	
6.00-7.00pm	Pilates	E: sharonhatherley@yahoo.co.uk	
7.00-8.00pm	Kettlebells	E: sharonhatherley@yahoo.co.uk	
6.40-7.40pm	Strength & Conditioning	Simon Philips PT simon-pt@outlook.com	
7.00-8.00pm	Zumba	Vicky Allen E: vickylallen@btinternet.com	
8.00 - 8.30pm	Rikashake	Rikashake Becky White E: beckygreenno1@gmail.com www.rikashake.co.uk	www.bookwhen.com/rikabex#focus=ev-sm5x-20190114193000
8.30 - 9.00pm	Rikashake	Rikashake Becky White	www.bookwhen.com/rikabex#focus=ev-sm5x-20190114193000

		E: beckygreenno1@gmail.com www.rikashake.co.uk	
Thursday			
5.30 – 6.30 pm	EPC Football (Junior)	EPC Natalie Adams E: natalie@e-p-c.co.uk www.e-p-c.co.uk	
6.45-7.45pm	Strength & Conditioning	Simon Philips PT E: simon-pt@outlook.com	
7.15-8.15pm	Yoga	Sami Rich E: samigrich@gmail.com	
Friday			
Saturday			
9.00 – 2.30pm	Dani Harmer Dance Academy	Jill Harmer E: info@daniharmeracademy.com www.daniharmeracademy.com	
12.00 – 5.00pm	YDC Dance School	Yasmin Kabir E: Yazziedc@gmail.com www.yazziedc.com	
10.00 - 11.00am	Strength & Conditioning	Simon Philips PT E: simon-pt@outlook.com	
10.00 – 12.00	Wado Karate Club	Barry Wilkinson E: barrywado@aol.com	

Sunday			
5.30 - 7.30pm	GKR Karate	Stuart Wiseman E: senseistuart@yahoo.co.uk www.gkrkarate.com	
10.00 – 2.00pm	Vineyard Church	E: Finance@edgbarrowschool.co.uk www.wokinghamvineyard.org	

Acestars Tennis Coaching Daily

Wojtek Spec

E: wojtek.spec@acestars.co.uk

Washindi Trampoline Club Daily

Elaine Rushby

E: elainerushby@hotmail.com

Pinewood Football Club Daily

Martin Turner

E: mrmartinturner@outlook.com

Step Up Holiday Club

Wayne Boardman

E: wayne@stepupfoundation.org.uk

www.stepupfoundation.org.uk