



"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". To find out more about sessions in your area - contact Beth 07760958668

### Aylesbury Sessions

Day	Time	Activity	Instructor	Venue
Mon	11-12PM	Tennis	Caroline	Aylesbury Tennis Club, County Ground, Wendover Rd, Aylesbury HP21 9NJ
Tues	11-12PM	Yoga	Stephanie	Pegasus Fitness, Unit 18, Duck Farm Court, Station Way W, Aylesbury HP20 2SQ

### Beaconsfield Sessions

Day	Time	Activity	Instructor	Venue
Mon	2-3PM	Yoga	Lindi	Curzon Centre, 43 Maxwell Rd, Beaconsfield HP9 1RG

### Chesham Sessions

Day	Time	Activity	Instructor	Venue
Mon	11-12PM	Yoga	Emma	The Bagnall Centre, 71-79 Waterside, Chesham HP5 1PE

### High Wycombe Sessions

Day	Time	Activity	Instructor	Venue
Weds	1-2PM	Tennis	Ross	High Wycombe Lawn Tennis Club, Bassetbury Lane, HP11 1QX
Thurs	1-2PM	Pilates	Alice	Trinity United Reformed Church, London Rd, High Wycombe HP11 1BJ
Fri	1-2PM	Badminton	Alistair	Badminton Wycombe, Crest Road, High Wycombe, HP11 1UA

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