









"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

Milton Keynes Sessions

Day	Time	Activity	Instructor	Venue
Mon	3:30-4:30PM	Yoga	Ellie	Woughton Leisure Centre, Rainbow Dr, Leadenhall, Milton Keynes, MK6 5EJ
Weds	11:30-12:30PM	Table Tennis & Badminton	Stephen	Woughton Leisure Centre, Rainbow Dr, Leadenhall, Milton Keynes, MK6 5EJ

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