

# 7 DAYS OF FOCUS WOMEN & GIRLS

*Strong at Every Stage*

2<sup>ND</sup>-8<sup>TH</sup> MARCH 2026

# MONDAY 2<sup>ND</sup> MARCH

in partnership with Maidenhead United Community Trust

**Aqua Natal: 7:15pm – 8:15pm at Windsor Leisure Centre**

**Gym Inductions: 5pm – 9pm at Furze Platt Leisure Centre**

**Ramblers Wellbeing Walk: 10:30am – 12:15pm Dedworth to Windsor starting at Woody's café, Dedworth, SL4 5AY**

**Return to Exercise: 12pm – 12:45pm at Woodlands Park Village**

**Standing/Seated Exercise Session: 1pm – 2pm at Woodlands Park Village, SL6 3GW**

**Women's Walking Football: 8pm – 9pm at Maidenhead United FC, York Road, SL6 1SF**



**To book contact:  
[kayleigh.curriwan@leisurefocus.org.uk](mailto:kayleigh.curriwan@leisurefocus.org.uk)**

# TUESDAY 3<sup>RD</sup> MARCH

in partnership with Maidenhead United Community Trust



**Women's Walking Football: 12:30pm - 1:30pm at Braywick Leisure Centre**

**Aqua Fit: 7pm - 8pm at Newlands Leisure Centre**

**Short Mat Bowls: 10am - 12pm at Windsor Leisure Centre**

**Ramblers Wellbeing Walk: 10:30am - 12:15pm starting at Furze Platt, Maidenhead Cliveden View Car Park, SL6 7UA**



**Fitness for All: 12pm - 1pm at Maidenhead Community Centre, Marlow Road, SL6 7HY**



**Women's Health & Running Talk: 5:30pm - 6:30pm at Braywick Leisure Centre**



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# WEDNESDAY 4<sup>TH</sup> MARCH

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**Women's Only Swim: 5:30pm - 6:30pm at  
Newlands Leisure Centre**

**Women's Only Swim: 8:30pm - 9:30pm at  
Newlands Leisure Centre**

**Pilates: 10:30am - 11:15am at Windsor  
Leisure Centre**

**10@10: 10am - 10:15am online Zoom call**

Schools can book online via our sign up sheet sent from active communities email at bottom of the page.

**50+ Racket Sports : 2pm - 3:30pm at  
Braywick Leisure Centre**

**Ramblers Wellbeing Walk: 10am - 11:30am  
starting at Desborough bowls club Green  
Lane, SL6 1XZ**

**Standing / Seated Exercise: 2pm - 3pm  
at Holyport**



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# THURSDAY 5<sup>TH</sup> MARCH

**Menopause talk by L.A.B: 1pm – 2pm at  
Braywick Leisure Centre Meeting Room**

**Women's Football Maidenhead Strikers:  
8pm – 9pm at Braywick Leisure Centre**

**HITT Workout: 10:45am – 11:30am at Windsor  
Leisure Centre**



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# FRIDAY 6<sup>TH</sup> MARCH

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**Back to Netball: 9:30am - 10:30am at  
Windsor Leisure Centre**

**Ramblers Wellbeing Walk: 10:30am -  
11:30am starting at Windsor Leisure Centre**



**Gym Inductions: 5pm - 9pm Cox Green  
Leisure Centre**

**TRX Express Class: 9:30am - 10:15am at  
Windsor Leisure Centre**

**Mixed Walking Football: 7:30pm - 8:30pm  
Bisham Abbey National Sports Centre**



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# SUNDAY 8<sup>TH</sup> MARCH

**11 - 13 year old E-Gym Inductions: 12pm - 2pm at Braywick & Windsor Leisure Centre**

**Dumbbell Strength Training: 11am - 11:45am  
Windsor Leisure Centre**

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