

LEISURE FOCUS
OPERATING AGENT FOR



7 DAYS OF FOCUS WOMEN & GIRLS

Strong at Every Stage

2ND - 8TH MARCH 2026

MONDAY 2ND 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.currivan@leisurefocus.org.uk

TUESDAY 3RD 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 4TH MARCH

in partnership with Maidenhead United Community Trust

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 5TH 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 6TH MARCH

in partnership with Maidenhead United Community Trust

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 8TH 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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