



Healthy Minds

Activity for people, movement for all

time to change

let's end mental health discrimination



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUAFIT Swimming pool				12.30pm–1.30pm		12.30pm – 1.30pm
BADMINTON Sports Hall					1pm – 2pm	
TABLE TENNIS Sports Hall						12pm – 1pm
FOOTBALL Running Tube					4pm – 5pm Coached session Female/ Male	2pm – 3pm Fun game Male Only
GYM SESSIONS Gym	<u>Female Only</u> 6pm – 8pm	10am –12am	10am –12am	11am – 1pm		
YOGA, KEEP FIT, TAI CHI Studio						4pm – 5pm NOTE: Yoga, Keep fit, Tai Chi rotate every week
SWIMMING Swimming Pool	<u>Female Only</u> 7pm – 8pm					

All activities take place at Willesden Sport Centre. See overleaf for map.

Willesden Sport Centre

Donnington Road, Willesden, LONDON, NW10 3QX

Tel: 0208 955 1120

Email: Willesden@harpersfitness.co.uk

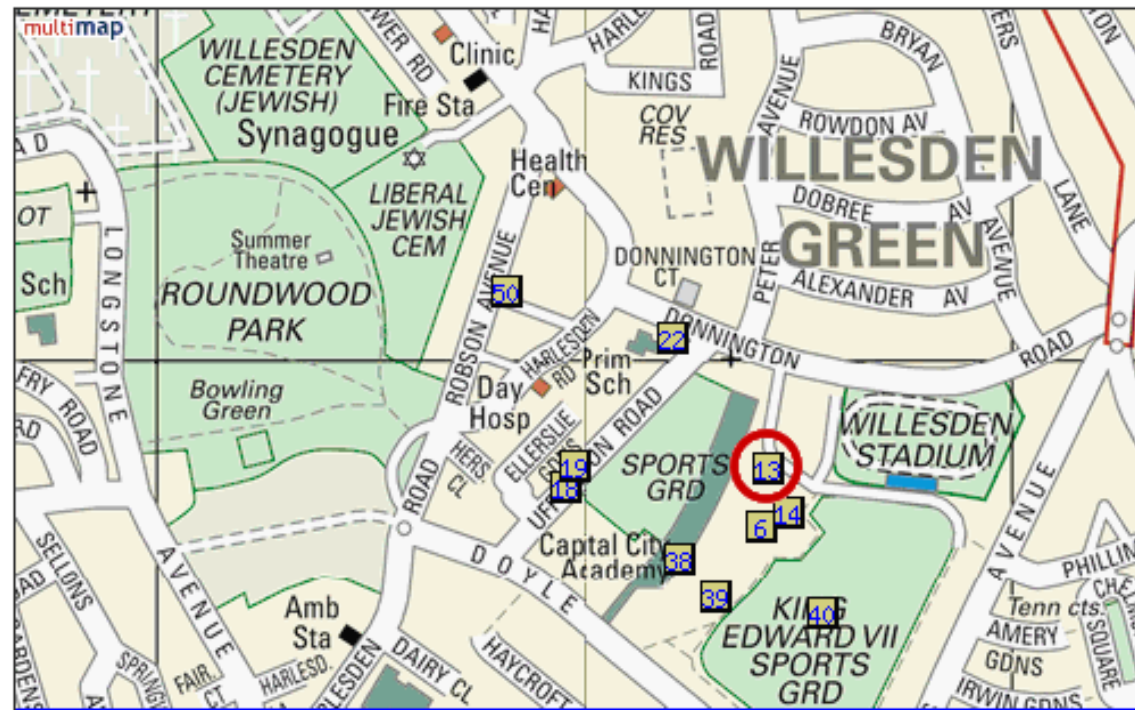
Transport

Buses - 6, 206, 187, 226, 302

Tube - Dollis Hill, Willesden Green, Willesden Junction

British Rail - Kensal Rise, Willesden Junction

Cycle route - 45, 47



For more information please contact Healthy Minds on 0207 604 5177 or visit www.brentmind.org.uk.