

## PANGBOURNE SPORT AND SOCIAL GROUPS

All these groups offer a warm welcome to newcomers. Please contact the organiser if you would like to join.

<b>Monday</b>			
09.30	Boxercise	Gareth France – 07853 381449, gareth.france@sky.com	Dolphin
11.30	3d Pilates	07775 638611, info@themovementclinic.co.uk	Movement Clinic
14.00	Coffee and craft	pangbournelibrary@westberks.gov.uk, 0118 9844117	Pang Library
18.00, 19.00	Yoga (2 classes)	Helma – 078104 25593, yogabyhelma@gmail.com	Whitchurch VH
18.30	Zumba	Rachel – 07885 444510, rachelzumba4043@gmail.com (VH in holidays)	Pang Primary
19.30	Badminton	webmaster@pangbournebadminton.club, www.pangbournebadminton.club	Pang College
<b>Tuesday</b>			
09.30	Hand bell ringers	Len Palfrey – palfrey62@btinternet.com	Various homes
11.30	Otago-fall prevention	Daniela – 07900 307520, d.capasso67@gmail.com	Pang VH
11.30	Yoga	info@pangbourneclub.co.uk	Pang WMC
17.00, 18.15, 19.20	Pilates (3 classes)	Julia – julia@tilehurst-pilates.co.uk	Dolphin
<b>Wednesday</b>			
09.30	Circuits	Gareth France – 07853 381449, gareth.france@sky.com	Pang VH
09.30	Pilates	Julia – julia@tilehurst-pilates.co.uk	Dolphin
10.00	Keep Fit 50+	Jo Cassells – 01491 578076, jo.cassells@live.co.uk	Whitchurch VH
18.15	Zumba	Donna – 07891 660089, donnajy66@aol.com	Pang WMC
19.00	Hatha Yoga	Helma – 07810 425593, yogabyhelma@gmail.com	Whitchurch Artcafe
19.15	Vocal Locals Choir	Claudia – 07796 776461, c@claudgibson.com	Pang Primary
19.30	Dance Fitness Class	Andrea – 07717 023007, turners.the@icloud.com	Pang Primary
20.00	Camera Club	Alan – 01491 681471, alan@alancopeland.co.uk, www.whitchurchhillcameraclub.co.uk	Whitchurch VH
20.00	Pangbourne Band	Stewart – 07786 694491, email@pangbourneband.org.uk, www.pangbourneband.org.uk	Pang VH
<b>Thursday</b>			
08.15, 09.30	Pilates (2 classes)	julia@tilehurst-pilates.co.uk	Dolphin
20.00	Bingo	info@pangbourneclub.co.uk	Pang WMC
20.00	Bell Ringing	Len Palfrey – palfrey62@btinternet.com	St James
<b>Friday</b>			
09.30	Kettlebells	Gareth France – 07853 381449, gareth.france@sky.com	Pang VH
<b>Saturday</b>			
09.00	Rowing	Nick or Alastair – captainofrowing@goringgapbc.org.uk, https://goringgapbc.org.uk	Hardwick
09.15	Radiant Body Yoga	Joy – joy.golding30@gmail.com	Movement Clinic
09.30	Shop bike ride	Toby Davies – 0118 9842823, info@pankhurstcycles.co.uk, www.pankhurstcycles.co.uk	Pankhurst Cycles
11.00	Zumba	Rachel – 07885 444510, rachelzumba4043@gmail.com	Tidmarsh VH
<b>Sunday</b>			
10.00	Rowing	Nick or Alastair – captainofrowing@goringgapbc.org.uk, https://goringgapbc.org.uk	Hardwick
<b>Held monthly</b>			
1st Sun 19.30	Jazz	Keith – pangbournejazzclub@gmail.com, www.pangbournejazzclub.co.uk	Pang WMC
2nd Mon 14.00	Tea	Doreen – 0118 9715350	Dorman Rooms
3rd Mon 14.00	Cribbage	Di – 0118 9842473	Dorman Rooms
2nd Tues 14.30	W.I.	Judy – 0118 9841565	Pang VH
4th Tues 14.00	Tea	Jill Palfrey – 0118 9842698	Pang VH
1st Weds 12.30	Carers support	Carers Hub – 0118 3247333	Pang VH
1st Weds 19.30	Games/quizzes	Doug – 0118 9614610, lynn.harrison@oddfellows.co.uk, www.oddfellows.co.uk	The Elephant
Alt Thurs 10.00	Storytime	0118 9844117, pangbournelibrary@westberks.gov.uk	Pang Library
3rd Thurs	Thursday Club	Various social events. Di – 07971 226548 and Gill – 01189 841122	George Hotel
Various	Bowls	Alan – 01491 681471, alan@alancopeland.co.uk, www.pangbournebowls.co.uk	Rec Ground
Various	Church Flowers	Pauline Jones – 0118 9844051, pauline.heronsridge@btopenworld.com	St James the Less

Compiled by Ruth Paul. If you would like to add a group to this list please email [ruth@singlesport.com](mailto:ruth@singlesport.com).