

## Reading Sport and Leisure Phase IV Cardiac Rehabilitation Sessions.

**Venue:** Palmer Park Sports Stadium, Wokingham Rd, Reading, Berks, RG6 1LF (RSL)

Day	Time	Instructor
Monday	10.15-11.15am	Binders
Monday	5.00-6.00pm	Binders
Weds	10.00-11.00am	Binders
Weds	11.00am-12.00pm	Binders
Weds	12.00-1.00pm	Binders
Weds	5.25-6.25pm	Tessa
Friday	2.00-3.00pm	Binders

**Venue:** Meadway Leisure Centre: Conwy Close, Tilehurst, Reading, Berks, RG30 4BZ (RSL)

Day	Time	Instructor
Monday	11.45am-12.45pm	Binders
Thursday	1.45-2.45pm	Binders

**Venue:** Rivermead Leisure Complex, Richfield Avenue, Reading, Berks, RG1 8EQ (GLL)

Day	Time	Instructor
Monday	7.30-8.30pm	Tessa
Tuesday	12.15-1.15pm	Binders
Wednesday	12.30-1.30pm	Tessa
Wednesday	7.30-8.30pm	Binders
Friday	11.30-12.30am	Tessa
Friday	12.30-1.30pm	Tessa