



TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	WEIGHT TRAINING	TICKLE TUNES	WELSH: SYLFAEN	WEIGHT TRAINING	PILATES	TABLE TENNIS	
	HIIT CLASS	ADULT BALLET	YOGA BEGINNERS	BLOOMFIELD WRITERS			
	OVER 50'S EXERCISE CLASS		PILATES				
			ZUMBA				
AFTERNOON	TAI CHI	BALLET	YOGA OVER 50'S	LITTLE LEGS FOOTBALL	BABY MASSAGE & YOGA		
			GEOLOGY	WELSH: SYLFAEN	GYMNASTICS		
			BALLET				
EVENING	PILATES	BALLET	BALLET	LITTLE LEGS FOOTBALL	PEMBS PT		
	KARATE	ADULT TAP DANCE	WELSH: MYNEDIAD	FOOTBALL: NAFC	BALLET		
	BALLET	WELSH: UWCH	FOOTBALL: NAFC	SPANISH	TABLE TENNIS		
	FOOTBALL: NAFC	NETBALL		WALKING RUBGY			
		OPEN BADMINTON		PILATES			
		CHOIR					

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