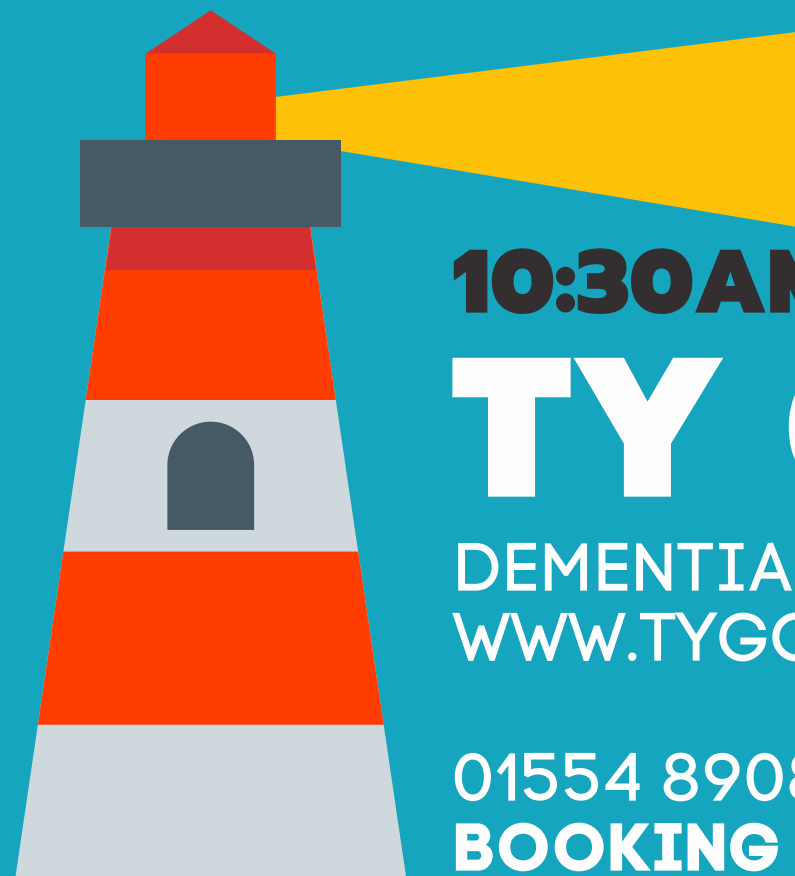


MONDAYS



**10:30AM - 12PM**

## TY GOLAU

DEMENTIA SUPPORT GROUP  
[WWW.TYGOLAU.ORG.UK](http://WWW.TYGOLAU.ORG.UK)

01554 890896  
**BOOKING ESSENTIAL**



**10:30AM - 11:30AM**

## FIT FOR LIFE

ACTIF SPORT AND LEISURE  
CARMARTHENSHIRE COUNTY COUNCIL

**11:30AM - 12:30PM**

## CHAIR BASED EXERCISE

ACTIF SPORT AND LEISURE  
CARMARTHENSHIRE COUNTY COUNCIL

BOOK AND PAY VIA THE ACTIF APP  
**BOOKING ESSENTIAL**



TUESDAYS



**10:30AM - 12:00PM**

# AGE CYMRU

WITH BARBARA  
50+ EXERCISE CLASS  
£2 A SESSION

**BOOKING ESSENTIAL**  
07597 344555



**6PM - 7PM**

# BE SOMETHING YOGA

MINDFUL SLOW FLOW YOGA  
WITH LOUISE

BOOK ONLINE  
[WWW.BESOMETHINGYOGA.COM](http://WWW.BESOMETHINGYOGA.COM)  
BOOKING ESSENTIAL



BESOMETHINGYOGA



**6PM - 9PM**

# 1ST KIDWELLY SCOUT GROUP

CONTACT SHAN CHEESMAN  
[1STKIDWELLYSCOUTGROUP@GMAIL.COM](mailto:1STKIDWELLYSCOUTGROUP@GMAIL.COM)



KIDWELLYSCOUTS

WEDNESDAY



**2:30PM - 4PM**

# CHAIR ONE FITNESS

WITH RYAN  
£2 A SESSION

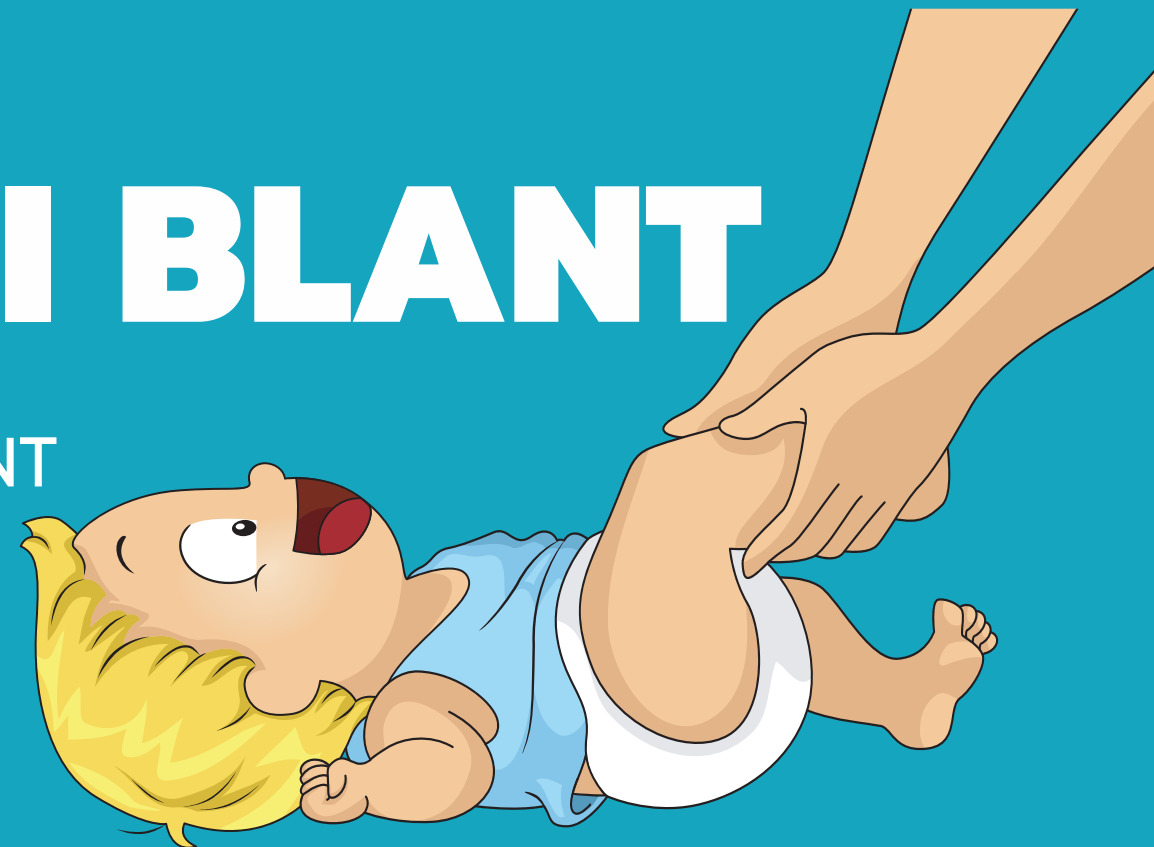
**EVERY WEDNESDAY**  
(EXCEPT 1ST WEDNESDAY OF EVERY MONTH)

**1:30PM - 2:30PM**

# CYMRAEG I BLANT

BABY MASSAGE  
LLYW.CYMRU/CYMRAEG-I-BLANT  
BOOKING ESSENTIAL

 CIBSIRGAR





WEDNESDAY

9AM - 12PM

# BURNS BY YOUR SIDE

READING DOG SCHEME

ENQUIRE ONLINE

[WWW.JOHNURNSFOUNDATION.ORG](http://WWW.JOHNURNSFOUNDATION.ORG)

16 WEEK TRAINING COURSE



**2PM - 4PM**  
**ANGOR**

SUPPORT GROUP FOR CANCER AND LIFE  
LIMITING ILLNESSES

[SUPPORT@ANGOR.ORG.UK](mailto:SUPPORT@ANGOR.ORG.UK)  
07380125690

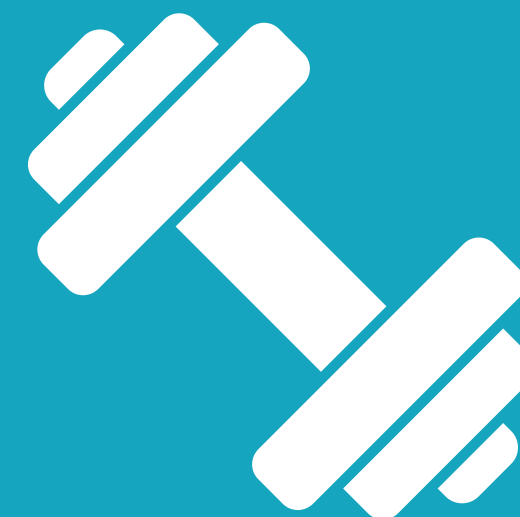


ANGORCYMRU



**6:30PM - 7:30PM**

# PAY AS YOU GO BOOTCAMP



WITH ANTURFIT  
WHATSAPP JO ON 07870 766391  
BOOKING ESSENTIAL



ANTURFIT



ANTURFITLTDBOOTCAMP

THURSDAY

10AM - 11AM

# BE SOMETHING YOGA

MINDFUL SLOW FLOW YOGA  
WITH LOUISE

BOOK ONLINE  
[WWW.BESOMETHINGYOGA.COM](http://WWW.BESOMETHINGYOGA.COM)  
BOOKING ESSENTIAL

  BESOMETHINGYOGA



6:30PM - 8:00PM

yoga

WITH EM'S YOGA & MASSAGE  
07763 884364  
BOOKING ESSENTIAL

 EMSYOGAANDMASSAGE  
 EMS.YOGA.AND.MASSAGE

1:30PM - 2:30PM

# SEATED FITNESS CLASS

WITH RESMI SUGATHAN  
07877 534555  
BOOKING ESSENTIAL  
£5 A CLASS

 RS PHYSIOTHERAPY AND ACCUPUNCTURE CLINIC

FRIDAYS



**10:30AM - 12PM**

# AGE CYMRU

WITH BARBARA  
50+ EXERCISE CLASS  
£2 A SESSION

**BOOKING ESSENTIAL - 07597 344555**



**1:30PM - 3:00PM**

# TAI CHI

**REGISTRATION & BOOKING ESSENTIAL**  
[WWW.REENGAGE.ORG.UK](http://WWW.REENGAGE.ORG.UK)

**EVERY OTHER WEEK  
OVER 75**

