WHAT'S ON

MONDAYS

10:30AM - 12PM

TY GOLAU

DEMENTIA SUPPORT GROUP
WWW.TYGOLAU.ORG.UK

BOOKING ESSENTIAL

JBF EXERCISE CLASSES

MOVE & IMPROVE

3:30PM TO 4:30PM

A CHAIR-BASED, LOW-IMPACT EXERCISE CLASS DESIGNED FOR OLDER ADULTS LOOKING TO IMPROVE THEIR STRENGTH, MOBILITY, BALANCE, AND OVERALL WELLBEING.

BUILT FOR MORE

5:45PM TO 6:45PM

A WOMEN-ONLY COMMUNITY FITNESS CLASS THAT WELCOMES ALL ABILITIES.

10:00AM - 11:00AM

FIT FOR LIFE

11:00AM - 12:00PM

CHAIR BASED EXERCISE

ACTIF SPORT AND LEISURE
CARMARTHENSHIRE COUNTY COUNCIL

BOOK AND PAY VIA THE ACTIF APP
BOOKING ESSENTIAL

Actif
Chwaraeon a Hamdden
Sports & Leisure

WHAT'S ON

TUESDAYS

10:30AM - 12:00PM

AGE CYMRU

WITH BARBARA
50+ EXERCISE CLASS
£2 A SESSION

BOOKING ESSENTIAL
07597 344555

5:30PM - 9PM

1ST KIDWELLY SCOUT GROUP

CONTACT SHAN CHEESMAN
1STKIDWELLYSCOUTGROUP@GMAIL.COM

KIDWELLYSCOUTS

WHAT'S ON

WEDNESDAY

9AM - 3PM

SCHOOLS & YOUTH GROUPS

10:30AM - 11:30AM

CYMRAEG I BLANT

BABY MASSAGE
LLYW.CYMRU/CYMRAEG-I-BLANT

BOOKING ESSENTIAL

CIBSIRGAR

2:30PM - 4PM

CHAIR ONE FITNESS

WITH KEIRON
£2 A SESSION

EVERY WEDNESDAY
(EXCEPT 1ST WEDNESDAY OF EVERY MONTH)

WHAT'S ON

WEDNESDAY

BURNS BY YOUR SIDE

READING DOG SCHEME

ENQUIRE ONLINE
WWW.JOHNBURNSFOUNDATION.ORG
16 WEEK TRAINING COURSE

2PM - 4PM

ANGOR

SUPPORT GROUP FOR CANCER AND LIFE LIMITING ILLNESSES

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

WHAT'S ON

THURSDAY

10AM - 2:30PM

GROWING TOGETHER

WHAT'S ON

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

EVERY OTHER WEEK
OVER 75