

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



TUESDAYS



10:30AM - 12:00PM

AGE CYMRU

WITH BARBARA
50+ EXERCISE CLASS
£2 A SESSION

BOOKING ESSENTIAL
07597 344555



5:30PM - 6:30PM

BE SOMETHING YOGA

MINDFUL SLOW FLOW YOGA
WITH LOUISE

BOOK ONLINE
WWW.BESOMETHINGYOGA.COM
BOOKING ESSENTIAL



BESOMETHINGYOGA



5:30PM - 9PM

1ST KIDWELLY SCOUT GROUP

CONTACT SHAN CHEESMAN
1STKIDWELLYSCOUTGROUP@GMAIL.COM



KIDWELLYSCOUTS

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)

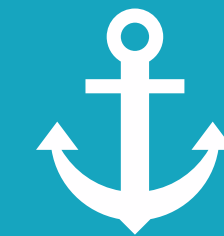


WEDNESDAY

BURNS BY YOUR SIDE

READING DOG SCHEME

ENQUIRE ONLINE
WWW.JOHNURNSFOUNDATION.ORG
16 WEEK TRAINING COURSE



2PM - 4PM
ANGOR

SUPPORT GROUP FOR CANCER AND LIFE
LIMITING ILLNESSES

SUPPORT@ANGOR.ORG.UK
07380125690

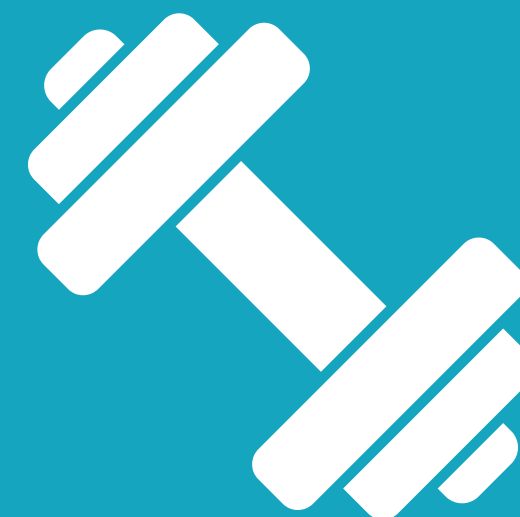


ANGORCYMRU



6:30PM - 7:30PM

PAY AS YOU GO BOOTCAMP



WITH ANTURFIT
WHATSAPP JO ON 07870 766391
BOOKING ESSENTIAL



ANTURFIT



ANTURFITLTDBOOTCAMP

THURSDAY

10AM - 11AM

BE SOMETHING YOGA

MINDFUL SLOW FLOW YOGA
WITH LOUISE

BOOK ONLINE
WWW.BESOMETHINGYOGA.COM
BOOKING ESSENTIAL

  BESOMETHINGYOGA



10AM - 2:30PM

GROWING TOGETHER



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**

