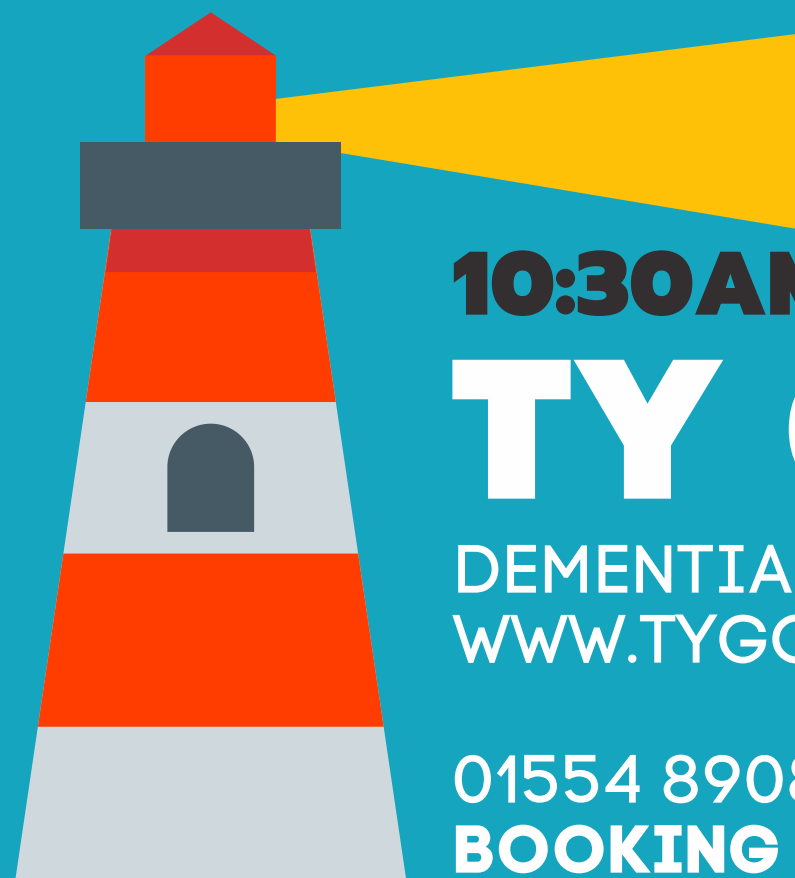


MONDAYS



**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**

# 2FIT 2QUIT

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

**9AM - 12PM**

# BURNS BY YOUR SIDE

READING DOG SCHEME

ENQUIRE ONLINE

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

16 WEEK TRAINING COURSE



**2:30PM - 4PM**

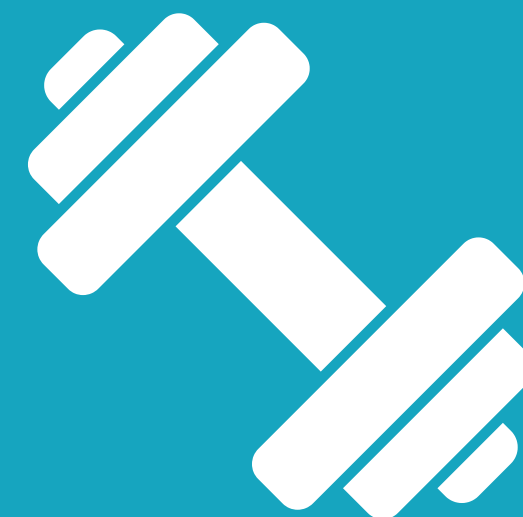
# CHAIR ONE FITNESS

WITH RYAN  
£2 A SESSION

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

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

# PAY AS YOU GO BOOTCAMP



WITH ANTURFIT  
WHATSAPP JO ON 07870 766391  
BOOKING ESSENTIAL

 ANTURFIT  
 ANTURFITLTDBOOTCAMP

THURSDAY

6:30PM - 8:00PM

10AM - 11AM

# BE SOMETHING YOGA

MINDFUL SLOW FLOW YOGA  
WITH LOUISE

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

  BESOMETHINGYOGA



yoga

WITH EM'S YOGA & MASSAGE  
07763 884364  
BOOKING ESSENTIAL

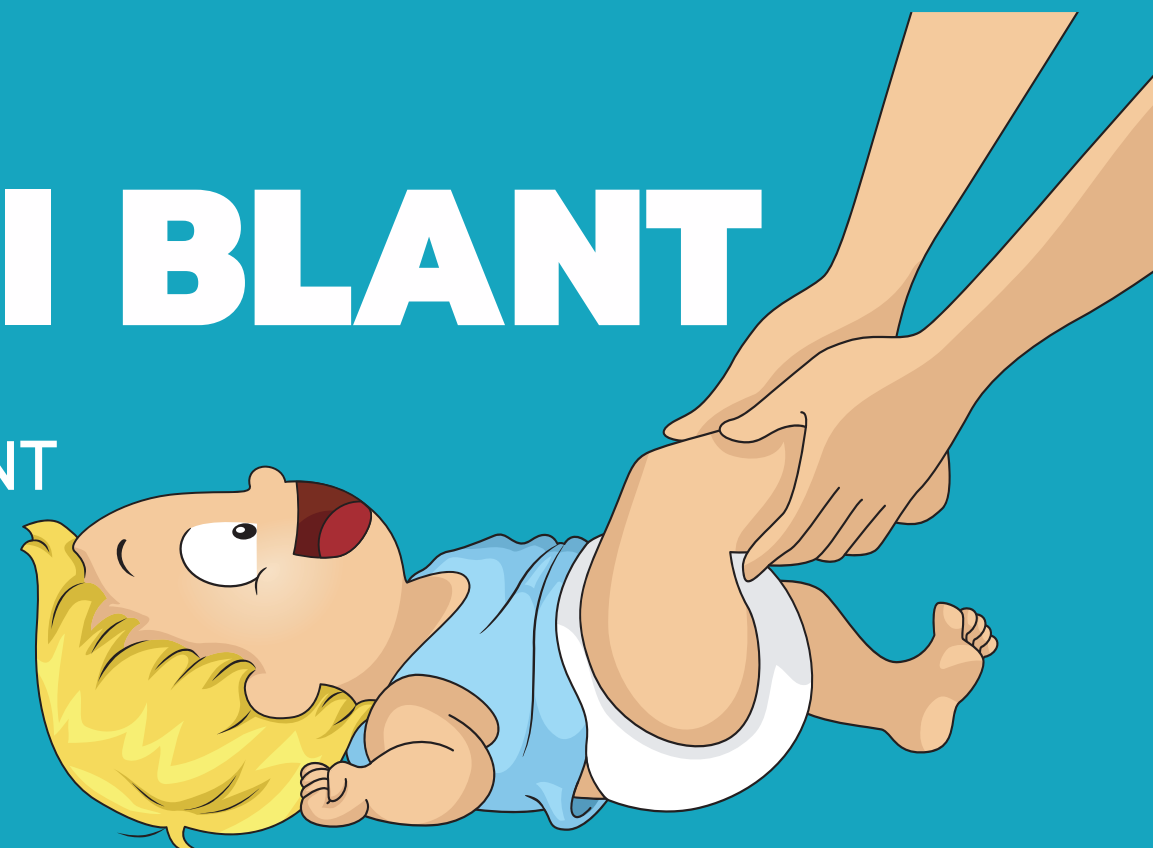
 EMSYOGAANDMASSAGE  
 EMS.YOGA.AND.MASSAGE

1:30PM - 2:30PM

# CYMRAEG I BLANT

BABY MASSAGE  
[LLYW.CYMRU/CYMRAEG-I-BLANT](http://LLYW.CYMRU/CYMRAEG-I-BLANT)  
BOOKING ESSENTIAL

 CIBSIRGAR





FRIDAYS



**10:30AM - 12PM**

# 2FIT 2QUIT

WITH BARBARA  
50+ EXERCISE CLASS  
£2 A SESSION

**BOOKING ESSENTIAL - 07597 344555**



**11:30AM - 1PM**

# TAI CHI

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

**EVERY OTHER WEEK**  
**OVER 75**

