



# Maes-Y-Coed Community Centre Timetable



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			SUNDAY
9 - 9:30AM														
9:30-10AM	RUGBY TOTS													
10 - 10:30AM	FITNESS & FUN	SPANISH	PENGUIN PALS	TINY TOES BALLET	PENGUIN PALS	SPANISH	PENGUIN PALS	SPANISH	FITNESS & FUN	FRENCH	TRAMPOLINING	SIMPLY CRAFT	GARDEN GROUP	CAPITAL CITY CHURCH
10:30 - 11AM														
11 - 11:30AM														
11:30 - 12PM														
12 - 12:30PM	ELDERFIT				FITNESS & FUN									
12:30 - 1PM				TINY TOES BALLET										
1 - 1:30PM	WALKING NETBALL		FITNESS & FUN		CLAUDICATION	FLOWER ARRANGING (ALT WEEKS)		FRENCH			PARTY BOOKINGS AVAILABLE - 1 - 4PM SAT & SUN			
1:30 - 2PM														
2 - 2:30PM	MOVEMENT WITH DILYS		BE FIT FOR SENIORS											
2:30 - 3PM														
3 - 3:30PM														
3:30 - 4PM														
4 - 4:30PM	GYMNASTICS (4-6 YRS)	DANCE FIT (TOTS)	GIRLS FOOTBALL (7-11 YRS) // RUGBY TOTS (4-6YRS)	TINY TOES BALLET	GYMNASTICS (4-6 YRS)	DANCE FIT (7-11 YRS)	FOOTBALL (4-6 YRS)		FOOTBALL (4-6 YRS)	DANCE FIT (4-6 YRS)	ADULT TRAMPOLINING			
4:30 - 5PM														
5 - 5:30PM	GYMNASTICS (7-11 YRS)		CHEERLEADING (7-11 YRS)		GYMNASTICS (7-11 YRS)	TEEN YOGA	NETBALL (11 YRS)		FOOTBALL (4-6 YRS)					
5:30 - 6PM														
6 - 6:30PM	KARATE	YOGA	KYOKUSHINKAI KARATE	WELSH CLASS LEVEL 2	TAEKWONDO	JUDACHI KARATE	KYOKUSHINKAI KARATE		FOOTBALL (6-8 YRS)					
6:30 - 7PM														
7 - 7:30PM		MYC SINGERS				WELSH CLASS LEVEL 1	YOGA		FOOTBALL (8-10 YRS)					
7:30 - 8PM														
8 - 8:30PM	NINJUTSU				ZUMBA		TY CELYN FITNESS 50+		CARDIFF TANG SOO DO KARATE					
8:30 - 9PM														
9 - 9:30PM														