Maes-Y-Coed Community Centre Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
9 - 9:30AM			FAB BEARS FOOTBALL						TOTFIT - RUGBY 2 - 4 YRS (9.15-10AM)		FAB BEARS FOOTBALL	GC DANCE	CAPITAL CITY CHURCH
9:30-10AM							PRIVATE HIRE						
10 - 10:30AM	FITNESS & FUN over 50s (AEROBICS)	TOTFIT - DANCE (10am - 10.45am)	FAB BEARS FOOTBALL	STITCHES NEEDLECRAFT CAFÉ 10pm-12pm TINY TOES BALLET 10am-12pm	FITNESS& FUN over50s. (10- 11AM)	Story Babys			FITNESS & FUN over 50s. (10 - 11 am)	SEATED YOGA 10.15AM - 11AM & 11AM - 12PM			
10:30 - 11AM													
11 - 11:30AM	FITNESS & FUN over 50s (AEROBICS)	PILATES	FAB BEARS FOOTBALL		FITNESS & FUN over 50s (11AM - 12 PM)			PILATES. 11 AM - 12 PM)	FITNESS & FUN over 50s. (11AM - 12 PM)		TRAMPOLINING		
11:30 - 12PM													
12 - 12:30PM	ELDERFIT	PILATES		WALKNG NETBALL				PILATES. 12PM - 1 PM		Escala Yoga & Pilates			
12:30 - 1PM													
1 - 1:30PM	LETS CONNECT (DEMENTIA SOCIAL GROUP) 1.30 PM - 3.30PM REENGAGE SEATED YOGA over 75s ALTERNATE WEEKS	PILATES	SHIBASHI TAI CHI (SEATED SESSION)		ELDERFIT 1PM-2PM			PILATES. 1 PM - 2 PM	1 PM- 3 PM 'COFFEE ANNA CHAT'			GARDEN GROUP 9.30 AM - 12PM	
1:30 - 2PM													
2 - 2:30PM		PILATES			CLAUDICATION 2 PM - 3 PM		TOTFIT - GYMNASTICS 2 - 4 YRS (2 - 2.45pm)	BOOK CLUB 2PM LAST THURSDAY OF THE MONTH					TEMPLE MARTIAL ARTS
2:30 - 3PM			SHIBASHI TAI CHI										
3 - 3:30PM		PILATES											
3:30 - 4PM													
4 - 4:30PM	GYMNASTICS (4-6 YRS)	ZAHRAHS YOGA CIRCLE FOR CHILDREN		TINY TOES BALLET 4pm-7pm	GYMNASTICS (4-6 YRS)	DANCE FIT Boys Street Dance	BASKETBALL (7-11 YEARS)	Zahrah Wellness Circle craft club	FOOTBALL (4-6 YRS)				
4:30 - 5PM													
5 - 5:30PM	GYMNASTICS (7-11 YRS)	PILATES	SAPPHIRE DANCE SQUAD (7 - 11 YEARS)		GYMNASTICS (7-11 YRS)	Extreame Allstars Dance & Cheerleading	NETBALL (7-11 YRS)		FOOTBALL (6 - 8 YRS)				
5:30 - 6PM										CARDIFF FLYERS TRAMPOLINING 5.30pm-8.30pm			CALVARY BAPTIST CHURCH OFCARDIFF
6 - 6:30PM	JUDACHI MARTIAL ARTS	YOGA. (6-7:15pm)	KYOKUSHINKAI KARATE		TAEKWONDO	PILATES	KYOKUSHINKAI KARATE		FOOTBALL (8 - 11 YRS)				
6:30 - 7PM								YOGA 6.30PM-8PM. BOOK CLUB 7 PM 2ND THURSDAY OF THE MONTH					
7 - 7:30PM				YOGA 7pm-8.30pm		PILATES							
7:30 - 8PM		YOGA. (7.15-8.30 PM)											
8 - 8:30PM	THE POLE VAULT STUDIO 8.15 PM - 9.15 PM				JUDACHI MARTIAL ARTS	Zarah Wellness Circle YOGA							
8:30 - 9PM							TY CELYN MENS FITNESS 50+ (PRIVATE)						
9 - 9:30PM													

JUBILEE GARDENS
HEATH
CARDIFF
CF14 4PP

T: 02920 626 973
E: BOOKINGS@MYC.WALES

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@MYCWALES