

Timetable Winter 2014

TIMES	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 a.m. - 8 a.m.		Body Rock Fitness		Body Rock Fitness			
9 a.m. - 10 a.m.						Body Rock Fitness	
10 a.m. - 11 a.m.						Body Rock Fitness	
11 a.m. - 12 noon							
12 noon - 1 p.m.							
1 p.m. - 2 p.m.							
2 p.m. - 3 p.m.	Rhigos Bowls						
3 p.m. - 4 p.m.	Rhigos Bowls						
4 p.m. - 5 p.m.		Hirwaun Under 7 Football	Dance Academy				
5 p.m. - 6 p.m.	Dance Academy	Lamb Junior Football	Kick Boxing Lil Dragons	Glynneath Football under 8	Li'l Dragons		
6 p.m. - 7 p.m.	Free	Glynneath Juniors	Kick Boxing Kids Zone	Glynneath Football under 9	Kids Zone		
7 p.m. - 8 p.m.	Free	Lamb Seniors 5x5	Kick Boxing Adults	Rhigos RFC	K Box Adults		
8 p.m. - 9 p.m.	Allan's Keep Fit	Rhys Price 5x5	Free	Hirwaun Football 5x5	K Box Adults		