

JUNE SCHEDULE



For more info please visit www.cynonlinc.org.uk or call reception on 01685 705860

MONDAY

- Pilates 1pm and 5.30pm
- Slimming World - 9am & 10.30am
- AK Fitness - 11am-12pm
- Valley Steps - 1pm
- Junior Tap with Jen Scott (6+) - 4.30pm
- Tai Chi with Ruth - 6pm
- Fit With Fi 6.30 pm

TUESDAY

- Barclays 9.30am - 4.30pm
- Cynon Valley Osteopathy - 9am-5pm
- Yoga - 1pm-2.30pm
- Slimming World - 7pm
- Help With Your NHS Hearing Aids - 2nd Tuesday of the Month
- Kelly Sings! Afternoon Concert - 1pm 2nd June

WEDNESDAY

- Barclays - 9.30am-1pm
- Silver exercise class - 10am
- Gar's Coffee Morning - 10.30-12.30 (Inclusive - Fully accessible building)
- Chair Exercises - 11am
- Pilates - 5.30pm
- AK Fitness - 6.30pm-7.30pm
- Santander - 9.30am - 5pm

THURSDAY

- Barclays - 9.30am-4.30pm
- Pilates with Liz - 1pm-2pm
- Sight Life - 1.30pm (2nd Thursday)
- Digi Cafe - 2pm-4pm
- Superchoir - 6.30pm
- Teatime Club 4pm-6pm
- Youth Theatre Group - 5pm-7pm
- Karate 5pm-7pm

FRIDAY

- ACM Coffee Morning - 9.30am-12pm
- U3A - First Friday of every month 2pm
- Reardon Therapies - 12.30pm

SATURDAY

- Slimming World - 8am & 9.30am
- Junior Ballet with Jen Scott - 9.30am
- Baby Movement with Jen Scott - 10.30am

For Reflexology contact - 07946176106 or Aromatherapy on 07535635634