

DECEMBER SCHEDULE



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

MONDAY

- Pilates 1pm and 5.30pm
- Fit with Ffi (women only) - 6.30pm
- Slimming World - 9am & 10.30am
- Christmas Dinners served Monday to Friday 12pm-3pm throughout December

TUESDAY

- Barclays 9.30am - 4.30pm
- Cynon Valley Osteopathy - 9am-5pm
- Yoga - 1pm-2.30pm

WEDNESDAY

- Barclays - 9.30am-1pm
- Silver exercise class - 10am
- Chair Exercises - 11am
- Valley Steps - 10.30am-11.30am
- Lunchtime HIIT with Sorcha 12.15pm-12.45pm
- Pilates - 5.30pm
- Welsh Language Group - 5.45pm-7.15pm
- Boxercise 6.30pm-7.30pm
- Kids Christmas Disco - 17th December

THURSDAY

- Barclays - 9.30am-4.30pm
- Pilates with Liz - 1pm-2pm
- Digi Cafe - 2pm-4pm
- Superchoir - 6.30pm
- Teatime Club 4pm-7pm
- Karate 5pm-7pm

FRIDAY

- ACM Coffee Morning - 9.30am-12pm
- Samaritans - First Friday of every month 11am-2pm
- U3A - First Friday of every month 2pm
- Snow White Panto - 12th December

SATURDAY

- Slimming World - 8am & 9.30am
- Osteopath - 9am-1pm (to book - 07508077920)
- Breakfast with Santa and Jingles - 20th December

Fabba Mania - Sunday 21st December - SOLD OUT

Please check during December for end dates with classes.

For Reflexology contact - 07946176106 or Aromatherapy on 07535635634