

# ACTIF ADULT TIMETABLE

## SOUTH CARMARTHENSHIRE AREA



MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WALKING NETBALL</b> 18:00-19:00 Llanelli LC	<b>WALKING FOOTBALL</b> 13:30-14:30 Llanelli LC	<b>*BACK ON YOUR BIKE</b> 14:00-15:00	<b>*CURLING &amp; CUPPA</b> 11:00-12:00 Dafen Welfare hall	<b>*WALKING RUGBY</b> 11:00-12:00 Hendy RFC	<b>FOOT GOLF</b> 11:00-12:00 Parc Howard
		<b>*SUP SESSION</b> 17:00-18:00 North Dock		<b>SUP SESSION</b> 13:30-14:30 North Dock	

\*launch date for Curling & Cuppa/ Back on your Bike / Sup sessions date to be confirmed.

[actif.wales/community-sport](http://actif.wales/community-sport)

**BOOK ONLINE OR VIA THE APP**  
(SELECT 'ACTIF COMMUNITY' AS A CLUB)

