

# ACTIF ADULT TIMETABLE

## EAST CARMARTHENSHIRE AREA



TUESDAY	WEDNESDAY	SATURDAY
<p><b>*CURLING AND CUPPA</b> 09:30-10:30 Llandybie Memorial Hall</p>	<p><b>NORDIC WALKING</b> 09:30-10:30 Mynydd Mawr Woodland Park</p>	<p><b>WALKING RUGBY</b> 10:00-11:00 Tregib sports hall/ astro turf</p>
<p><b>WALKING NETBALL</b> 11:30-12:30 Tregib Sports Hall/ Astro Turf)</p>	<p><b>*BACK ON YOUR BIKE</b> 14:00-15:00 Ammanford Leisure Centre</p>	

\*launch date for Curling & Cuppa/ Back on your Bike 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)

