

Maes-Y-Coed Community Centre Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
9 - 9:30AM			FAB BEARS FOOTBALL						TOTFIT - RUGBY 2 - 4 YRS (9.15-10AM)		FAB BEARS FOOTBALL (returning June 2026)	GC DANCE	CAPITAL CITY CHURCH
9:30-10AM			FAB BEARS FOOTBALL									GC DANCE	
10 - 10:30AM	FITNESS & FUN over 50s (AEROBICS)	TOTFIT - DANCE (10am - 10.45am)	FAB BEARS FOOTBALL (returning June 2026)	STITCHES NEEDLECRAFT CAFÉ 10am-12pm	FITNESS& FUN over50s. (10- 11AM)	RNID HEARING AID REPAIRS AND REPLACEMENTS (4TH WEDNESDAY OF THE MONTH)	PRIVATE HIRE		FITNESS & FUN over 50s. (10- 11 am)	SEATED YOGA 10AM - 11AM & 11AM - 12PM		GC DANCE	
10:30 - 11AM													
11 - 11:30AM	FITNESS & FUN over 50s (AEROBICS)	PILATES							PILATES. 11 AM - 12 PM)	FITNESS & FUN over 50s. (11AM - 12 PM)			
11:30 - 12PM												GC DANCE	
12 - 12:30PM	ELDERFIT	PILATES	WALKING NETBALL				PRIVATE HIRE	PILATES. 12PM - 1 PM				GC DANCE	
12:30 - 1PM													
1 - 1:30PM	REENGAGE SEATED YOGA over 75s	PILATES		SHIBASHI TAI CHI (SEATED SESSION)	ELDERFIT 1PM- 2PM			PILATES. 1 PM - 2 PM	1 PM- 3 PM 'COFFEE ANNA CHAT'			GARDEN GROUP 9.30 AM - 12PM	
1:30 - 2PM													
2 - 2:30PM	ALTERNATE WEEKS 1.30PM - 2.30-PM	PILATES			CLAUDICATION 2 PM - 3 PM		TOTFIT - GYMNASTICS 2 4 YRS (2 - 2.45pm)	BOOK CLUB 2PM LAST THURSDAY OF THE MONTH					
2:30 - 3PM			SHIBASHI TAI CHI									TEMPLE MARTIAL ARTS	
3 - 3:30PM		PILATES											
3:30 - 4PM													
4 - 4:30PM	GYMNASTICS (4-6 YEARS)	ZAHRAHS YOGA CIRCLE FOR CHILDREN	GIRLS FOOTBALL 7-11 YEARS	TINY TOES BALLET 4pm-6pm	GYMNASTICS (4-6 YRS)	DANCE FIT (7-11 YRS)	BASKETBALL (7- 11 YEARS)		FOOTBALL (4-6 YRS)	DANCE FIT (4-6 YRS)			
4:30 - 5PM													
5 - 5:30PM	GYMNASTICS (7-11 YRS)	PILATES	SAPPHIRE DANCE SQUAD (7 - 11 YEARS)		GYMNASTICS (7-11 YRS)	TEEN YOGA (MONTHLY)	NETBALL (7-11 YRS)		FOOTBALL (6 - 8 YRS)				
5:30 - 6PM													
6 - 6:30PM	JUDACHI MARTIAL ARTS								FOOTBALL (8 - 11 YRS)	CARDIFF FLYERS TRAMPOLINING 5.30pm-8.30pm			
6:30 - 7PM		YOGA 6.30PM - 8 PM	KYOKUSHINKAI KARATE		TAEKWONDO	PILATES	KYOKUSHINKAI KARATE	YOGA 6.30PM- 8PM. BOOK CLUB 7 PM 2ND THURSDAY OF THE MONTH					CALVARY BAPTIST CHURCH OFCARDIF F
7 - 7:30PM	JUDACHI MARTIAL ARTS				YOGA 7pm-8.30pm			PILATES					
7:30 - 8PM													
8 - 8:30PM													
8:30 - 9PM	THE POLE VAULT STUDIO 8.15 PM - 9.15 PM				JUDACHI MARTIAL ARTS		TY CELYN MENS FITNESS 50+ (PRIVATE)						
9 - 9:30PM													

**JUBILEE GARDENS
HEATH
CARDIFF
CF14 4PP**

**T: 02920 626 973
E: BOOKINGS@MYC.WALES
@MYCWALES**