

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Mams and Prams</u> Adults Trehafod 9:30am	<u>Pickleball</u> Adults Llantrisant 10:00am	<u>Walking Rugby</u> Adults Pontyclun 10:00am	<u>Pickleball</u> Adults Llantrisant 10:00am	<u>Walking Football</u> Adults Abercynon 10:00am	<u>Pontypridd parkrun</u> Pontypridd 9:00am	<u>Pontypridd Junior Parkrun</u> 4-12 years Pontypridd 9:00am
<u>Dark in the Park</u> Adults Clydach Vale 6:00pm	<u>Made for Mams</u> Post Natal Aberdare 11:15am	<u>Pickleball</u> Adults Abercynon 10:00am	<u>Walking Rugby</u> Adults Treorchy 2:00pm	<u>Pickleball</u> Adults Llantwit Fardre 10:00am	<u>Aberdare parkrun</u> Aberdare 9:00am	<u>Roller Derby</u> Juniors & Adults Abercynon 1pm & 2pm
<u>Walking Rugby</u> Adults Pontyclun 6:30pm	<u>Football Fives</u> 12-16 years Porth 4:30pm	<u>Made for Mams</u> Pre and post Natal Pontypridd 11:30am	<u>Roller Skating</u> Juniors & Adults Llantrisant 5:00pm	<u>Football Fives</u> 12-16 years Mountain Ash 4:30pm	<u>Walking Rugby</u> Adults Taffs Well 11:00am	
	<u>Walking Netball</u> Adults Llantwit Fardre 6:00pm	<u>Bowls</u> Adults Pontypridd 12:00pm	<u>Recreational Netball</u> Adults Aberdare 6:00pm	<u>Walking Rugby</u> Adults Abercwmboi 6:00pm		
	<u>Dragons Running</u> Adults Aberdare 6:00pm	<u>Made for Mams</u> Post Natal Aberdare 1:00pm	<u>Walking Netball</u> Adults Pontypridd 6:00pm			
	<u>Resilient Runners</u> Adults Aberdare 6:00pm	<u>Walking Netball</u> Adults Llantwit Fardre 6:00pm	<u>Walking Football</u> Adults Abercwmboi 6:00pm			
	<u>Walking Rugby</u> Adults Taffs Well 6:45pm	<u>Dark in the Park</u> Adults Pontypridd 6:00pm	<u>Dragons Running</u> Adults Aberdare 6:00pm			
		<u>Back to Netball</u> Adults Abercynon 7:00pm	<u>Resilient Runners</u> Adults Aberdare 6:00pm			
		<u>Pickleball</u> Adults Llantrisant 7:00pm	<u>Womens Walking Football</u> Adults Tonyrefail 7:00pm			