

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00am <b>Pickleball</b> Hawthorn Adults	10.00am <b>Walking Football</b> Abercynon Adults	10.00am <b>Pickleball</b> Abercynon Adults	9.00am <b>Pickleball</b> Llantrisant Adults	10.00am <b>Walking Football</b> Abercynon Adults	9.00am <b>Pickleball</b> Abercynon Adults	9.00am <b>Junior parkrun</b> Pontypridd 4-14 year olds
11.30am <b>Walking Rugby</b> Clydach Vale Adults *	12.00pm <b>Pickleball</b> Llantwit Fardre Adults	10.30am <b>Walking Rugby</b> Pontyclun Adults	5.00pm <b>Football Fives</b> Treherbert 11-16 year olds	4.00pm <b>Pickleball</b> Hawthorn Adults	9.00am <b>parkrun</b> Aberdare Adults and Juniors	9.15am <b>Pickleball</b> Tylorstown Adults
5.45pm <b>Pickleball</b> Treorchy Adults	1.00pm <b>Pickleball</b> Llantwit Fardre Adults	6.00pm <b>DITP Running</b> Pontypridd Adults	6.00pm <b>Walking Rugby</b> Porth Adults	6.00pm <b>Walking Rugby</b> Abercwmboi Adults	9.00am <b>parkrun</b> Pontypridd Adults and Juniors	10.00am <b>Walking Football</b> Taffs Well Adults
6.00pm <b>DITP Running</b> Clydach Vale Adults	6.00pm <b>Walking Netball</b> Llantwit Fardre Adults	6.00pm <b>Dodgeball</b> Llantrisant 3-15 year olds	6.00pm <b>Back to Hockey</b> Hawthorn Adults	6.00pm <b>Wheelchair Rugby</b> Pontypridd 8 years+	11.00am <b>Walking Rugby</b> Taffs Well Adults	10.00am <b>Walking Football</b> Tonyrefail Adults
6.00pm <b>Back to Hockey</b> Hawthorn Adults	6.00pm <b>Back to Netball</b> Ystrad Adults	7.00pm <b>Back to Netball</b> Abercynon Adults	6.00pm <b>Walking Football</b> Abercwmboi Adults	6.00pm <b>Walking Rugby</b> Llantwit Fardre Adults		11.00am <b>Walking Football</b> Clydach Vale Adults
6.30pm <b>Walking Rugby</b> Pontyclun Adults	6.45pm <b>Walking Rugby</b> Taffs Well Adults		6.00pm <b>Walking Netball</b> Pontypridd Adults	6.00pm <b>Dodgeball</b> Hawthorn 3-15 year olds		5.00pm <b>Walking Football</b> Ton Pentre Adults
7.00pm <b>Dodgeball</b> Ystrad 3-15 year olds			7.00pm <b>Walking Rugby</b> Rhigos Adults	7.00pm <b>Touch Rugby</b> Pontypridd Adults - womens		
7.00pm <b>Walking Football</b> Clydach Vale Adults - womens			7.00pm <b>Rounders</b> Ystrad Adults			
7.00pm <b>Touch Rugby</b> Pontypridd Adults - womens			7.00pm <b>Walking Football</b> Tonyrefail Adults - womens			
			8.00pm <b>Walking Football</b> Tonyrefail Adults			*Walking Rugby session also on Thursday at 11:30am