

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.30am Walking Rugby Clydach Vale Adults *	10.00am Walking Football Abercynon Adults	10.00am Pickleball Abercynon Adults	9.00am Pickleball Llantrisant Adults	10.00am Walking Football Abercynon Adults	9.00am Pickleball Abercynon Adults	9.00am Junior parkrun Pontypridd 4-14 year olds
5.45pm Pickleball Treorchy Adults	6.00pm Walking Netball Llantwit Fardre Adults	10.30am Walking Rugby Pontyclun Adults	2.00pm Walking Rugby Treorchy Adults	10.00am Pickleball Llantwit Fardre Adults	9.00am parkrun Aberdare Adults and Juniors	10.00am Walking Football Taffs Well Adults
6.00pm DITP Running Clydach Vale Adults	6.00pm Back to Netball Ystrad Adults	12.00pm Pickleball Hawthorn Adults	5.00pm Football Fives Treherbert 11-16 year olds	6.00pm Walking Rugby Abercwmboi Adults	9.00am parkrun Pontypridd Adults and Juniors	11.00am Walking Football Clydach Vale Adults
6.30pm Walking Rugby Pontyclun Adults	6.00pm Dragons Running Aberdare Adults **	6.00pm Dodgeball Llantrisant 3-15 year olds ***	6.00pm Walking Rugby Porth Adults	6.00pm Wheelchair Rugby Pontypridd 8 years+	11.00am Walking Rugby Taffs Well Adults	
7.00pm Dodgeball Ystrad 3-15 year olds	6.45pm Walking Rugby Taffs Well Adults	6.00pm DITP Running Pontypridd Adults	6.00pm Back to Hockey Tonyrefail Adults	6.00pm Walking Rugby Llantwit Fardre Adults		
7.00pm Walking Football Clydach Vale Adults		7.00pm Back to Netball Abercynon Adults	6.00pm Walking Football Abercwmboi Adults	6.00pm Dodgeball Hawthorn 3-15 year olds		
7.00pm Touch Rugby Pontypridd Adults - womens			6.00pm Walking Netball Pontypridd Adults	7.00pm Touch Rugby Pontypridd Adults - womens		
			7.00pm Rounders Ystrad Adults			*Walking Rugby session also on Thursday at 11:30am
			7.00pm Walking Rugby Rhigos Adults			**Dragons Running session also on Thursday at 6.00pm
			7.00pm + 8.00pm Walking Football Tonyrefail Adults			***Dodgeball session also on Thursday at 6.00pm in Aberdare