

## Monday NOV.28

Pilates 1.00pm -2.00pm **(Book)**  
Table Tennis 6.00-7.00pm 871694  
Circuit Training -7.30pm-8.30pm-871377

## Tuesday NOV.29

Exercise Older Adults 12.00-1.00pm  
TaiChi-2.00pm3.00pm-07792122494  
Pilates 6.00-7.00pm **(Book)**  
Sewing Group-7.00pm-9.00pm **(UP)-(NTW)**  
Badminton (Senior) 7.30-9.30pm871677

## Wednesday NOV. 30

Borth FamilyCentre-9.30-1.00pm  
07896616857  
Bowls-1.30pm-4.30pm  
W.I. 2.00pm-4.00pm-**(UP)(NTW)**  
Badminton-6.00-7.00pm-**(P)**  
Cricket Practice 7.15-8.15pm

## Thursday DEC.01

Aerobics – 10.30am-11.30am 871148  
Senior Citizens-2.00pm-4.00pm **(NTW)**  
Yoga 6.00pm-7.30pm **(UP)**  
Aerobics (Rachel P)-5.45-6.45pm

## Friday DEC.02

Bethan Davies 09.30-10.30am **(NTW)**  
Badminton 11.00am-12.00am **(P) (NTW)**  
Badminton-(Junior)-5.00-7.00pm 871677

## Saturday DEC. 03

**Christmas Charity Fair 10.00am-**  
Football - Borth are away

## Sunday DEC. 04

Model Flying Club 5.00 – 7.00pm  
Badminton 7.00pm-8.00pm **(P)**

**(UP)-UPSTAIRS {P-PRIVATE EVENT**

**(NTW)-NOT-THIS-WEEK**

**??=NOT CONFIRMED**

**(Book)-Booking only at [www.rbhfitness.co.uk](http://www.rbhfitness.co.uk)**

**For-more-information-see**

**<http://www.borthcommunity.info/>**

**Or Hilary Matthews 01970871912 Pricing**

**Roy Jones 01970624020 or 07484732006 Booking**

**Coming Soon**

Mon 5<sup>th</sup> Dec

Borth-Community-Council7.00pm **(UP)**