REGULAR INDOOR ACTIVITIES IN RADYR MORGANSTOWN

Name of activity	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	
	am	pm	evg	am	pm	evg	am	pm	evg	am	pm	evg	am	pm	evg	am	pm
Aikido Gakko Ueshiba						w									W		
Argentinean Tango												w					
Radyr Bellringers												w					
Belly Dancing					w												
Coffee and Chat							w										
Gardening Club									M								
Imaging 2000						w											
<u>Indoor Bowls</u>									w								
Local History Society												O					
Parish Church Choir											w						
<u>Pilates</u>							w										
Radyr Keyboard Class	w																
Radyr Music Society															W		
Railway Correspondence & Travel									М								
RMA General Meeting			0														
Cardiff West Rotary						w											
<u>Shotokan Karate</u>															W		
Spartan Kickboxing						W											
Tae Kwon-Do												w					
<u>Taoist Tai Chi</u>													w				
Treforgan WI											М						
R&M WI			М														
<u>Yoga</u>	w																

W - Weekly (or Fortnightly); M - Monthly; O - Occasionally

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