

## Summer 2026 Session Timetable

| Monday                                                                                           | Tuesday                                                                    | Wednesday                                                     | Thursday                                                                | Friday                                                                      |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 09:30 - 10:15<br>10:30 - 11:15<br>11:30 - 12:15<br>Llandaff North & Galbalfa Hub<br><i>Scott</i> | 10:00 - 10:45<br>Bethel Baptist Church<br><i>Talik</i>                     | 10:00 - 11:00<br>St Mary's Hall<br><i>Marco</i>               | 10:00 - 10:45 ( <i>advanced</i> )<br>Whitchurch Methodist<br><i>Tom</i> | 10:00 - 10:45<br>Fairwater Sbectrum<br><i>Talik</i>                         |
| 09:30 - 10:15<br>STAR Hub Splott<br><i>Gareth</i>                                                | 10:30 - 11:15<br>Llandough Memorial Hall<br><i>Gareth</i>                  | 12:30 - 13:15<br>Penarth All Saints<br><i>Tom</i>             | 10:00 - 11:00<br>Highlight Park<br><i>Marco</i>                         | 11:30 - 12:15<br>Caldicot RFC<br><i>Scott</i>                               |
| 10:00 - 10:45<br>Ararat Church<br><i>Tom</i>                                                     | 12:00 - 12:45<br>Wenvoe Community Hall<br><i>Talik</i>                     | 13:00 - 14:00<br>Maes y Coed Community Centre<br><i>Marco</i> | 10:30 - 11:15<br>Mackintosh Sports Club<br><i>Scott</i>                 | 12:00 - 12:45 ( <i>circuits</i> )<br>St Lukes Church Canton<br><i>Talik</i> |
| 10:00 - 11:00<br>St Peter's Community Hall & Gardens<br><i>Marco</i>                             | 12:00 - 13:00<br>Powerhouse Hub Llanedeyrn<br><i>Anthony</i>               | 14:30 - 15:15<br>Magor & Undy Hub<br><i>Scott</i>             | 10:50 - 11:35<br>Whitchurch Methodist<br><i>Tom</i>                     | 13:00 - 14:00<br>Murchfield Community Centre<br><i>Marco</i>                |
| 10:50 - 11:35 ( <i>advanced</i> )<br>Ararat Church<br><i>Tom</i>                                 | 14:00 - 14:45 ( <i>circuits</i> )<br>Pentyrch Village Hall<br><i>Talik</i> |                                                               | 11:40 - 12:25( <i>advanced</i> )<br>Whitchurch Methodist<br><i>Tom</i>  | 14:00 - 14:45<br>Creigiau Church Hall<br><i>Talik</i>                       |
| 12:00 - 13:00<br>Maes y Coed Community Centre<br><i>Gareth</i>                                   |                                                                            |                                                               | 11:45 - 12:45<br>Powerhouse Hub<br><i>Anthony</i>                       |                                                                             |
| 12:00 - 13:00<br>St Faith's Church<br><i>Marco</i>                                               |                                                                            |                                                               |                                                                         |                                                                             |
| 12:15 - 13:00<br>Penarth All Saints Church<br><i>Tom</i>                                         |                                                                            |                                                               |                                                                         |                                                                             |
| 13:30 - 14:15<br>Barry Highlight Church<br><i>Tom</i>                                            |                                                                            |                                                               |                                                                         |                                                                             |
| 14:30 - 15:15<br>Heath Citizens Centre<br><i>Gareth</i>                                          |                                                                            |                                                               |                                                                         |                                                                             |