

## **Regular Events at Llanteg Hall**

### **Monday**

**Llanteg Short Mat Bowls**—7.00pm Pam Bowen 831890 email  
pam.bowen@btinternet.com

### **Tuesday**

**Badger's Bowls**—7.00pm Neville Ruff 812605 email—nev.ruff@gmail.com

### **Wednesday**

**Piloxing**—7-8pm A fusion of Pilates, boxing and dance 07883058881 or email  
claireomond.wright@gmail.com

### **Thursday**

**Llanteg Short Mat Bowls**—7.00pm Pam Bowen 831890 email  
pam.bowen@btinternet.com

### **Friday**

**Badger's Bowls**—7.00pm Neville Ruff 812605 email—nev.ruff@gmail.com

### **Sunday**

**New Life Church**—10.45am onwards. Gary and Jackie 01646 651332, Billy +44  
7824 900992 Chris 07976 675732 newlifechurchpembs.com Find us on Facebook—  
New Life Church Pembrokeshire