

DOSBARTHIADAU FFITRWYDD . FITNESS CLASSES

| Haf o Hwyl . Summer of Fun<br>21/07/25 - 31/08/25 |               |                                                                   |
|---------------------------------------------------|---------------|-------------------------------------------------------------------|
| Dydd Llun<br>Monday                               | 09.30 - 10.15 | Pilates                                                           |
|                                                   | 11.00 - 12.00 | NERS                                                              |
|                                                   | 13.00 - 14.00 | NERS                                                              |
|                                                   | 14.00 - 14.45 | Acwa . Aqua                                                       |
| Dydd Mawrth<br>Tuesday                            | 09.00 - 11.00 | Actif am Oes . Active for Life                                    |
|                                                   | 16.00 - 17.00 | Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs          |
|                                                   | 17.30 - 18.00 | Sywddogaethol . Functional                                        |
|                                                   | 18.15 - 18.45 | Craidd . Core                                                     |
| Dydd Mercher<br>Wednesday                         | 11.00 - 11.45 | Cylched Ysgafn . Light Circuit                                    |
|                                                   | 13.30 - 14.15 | Pilates                                                           |
|                                                   | 14.30 - 15.30 | Sesiwn Ystafell Ffitrwydd dan Arweiniad<br>Supervised Gym Session |
|                                                   | 16.00 - 17.00 | Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs          |
|                                                   | 17.30 - 18.00 | TABATA                                                            |
|                                                   | 18.00 - 18.30 | Ymestyn . Stretch                                                 |
| Dydd Iau<br>Thursday                              | 07.30 - 08.00 | Body Blast                                                        |
|                                                   | 09.30 - 10.00 | Hyfforddiant Cylched . Circuit Training                           |
|                                                   | 10.00 - 10.30 | Ymestyn Corff Llawn . Total Body Stretch                          |
|                                                   | 11.00 - 11.45 | Cylched Ysgafn . Light Circuit                                    |
|                                                   | 12.00 - 12.45 | Acwa . Aqua                                                       |
|                                                   | 13.00 - 14.00 | Sesiwn Ystafell Ffitrwydd dan Arweiniad<br>Supervised Gym Session |
| Dydd Gwener<br>Friday                             | 09.30 - 10.15 | Pilates                                                           |
|                                                   | 11.00 - 12.00 | NERS                                                              |
|                                                   | 16.30 - 17.00 | Sywddogaethol . Functional                                        |