

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES

16/02/26 - 20/02/26

Dydd Llun
Monday

10.15-11.00

Cylched Ysgafn , Light circuit training

12.00-12.30

Seiclo dan do . Indoor cycling

18.30-19.00

TABATA

Dydd Mawrth
Tuesday

13.00-13.45

Aerobeg Dwr . Aqua aerobics

17.45-18.30

Seiclo dan do . Indoor cycling

18.45-19.15

Cyflyru'r Craidd . Core conditioning

19.30-20.00

Acwa Dwr Dwfn . Deep aqua aerobics

Dydd Mercher
Wednesday

07.00-08.00

HYROX

17.30-18.15

Kettlebells

18.30-19.15

Spin combo

Dydd Iau
Thursday

11.15-12.00

Aerobeg Dwr . Aqua aerobics

14.45-16.45

Actif am oes . Active for Life

17.15-17.45

Fitball

18.00-18.45

Seiclo dan do . Indoor cycling

Dydd Gwener
Friday

10.15-11.00

Cylched Ysgafn . Light circuit training

11.00-12.30

Dementia actif

17.30-18.30

HYROX