

DOSBARTHIADAU FFITRWYDD
FITNESS CLASSES

HAF O HWYL . SUMMER OF FUN 21/07/25 - 31/08/25		
Dydd Llun Monday	10.15-11.00	Hyfforddiant Cylched Ysgafn . Light circuit training
	12.30-13.00	Seiclo dan do . Indoor Cycling
	18.00-18.45	Spin combo
Dydd Mawrth Tuesday	13.00-13.45	Aerobeg Dwr . Aqua Aerobics
	14.00-14.45	Pilates (Dim Seswin . No Session 05/08/25)
	17.30-18.15	Seiclo dan do . Indoor Cycling
	18.30-19.15	Hyfforddiant Cylched . Circuit training
Dydd Mercher Wednesday	18.00-18.30	Seiclo dan do . Indoor Cycling
	18.45-19.15	Cyflyru Corff . Body conditioning
Dydd Iau Thursday	11.15-12.00	Aerobeg Dwr . Aqua Aerobics
	14.45-16.45	Actif am oes
	17.15-18.00	Seiclo dan do . Indoor Cycling
	19.00-19.45	Pilates (Dim Sesiwn . No Session 07/08/25)
Dydd Gwener Friday	10.15-11.00	Hyfforddiant Cylched Ysgafn . Light circuit training
	11.00-12.30	Dementia actif
	17.15-18.00	Seiclo dan do . Indoor Cycling