

# DOSBARTHIADAU FFITRWYDD FITNESS CLASSES

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30/03/26 - 12/04/26

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Dydd Llun Monday 30/03/26	10.15-11.00	Cylched Ysgafn . Light Circuit Training
	12.30-13.00	Seiclo dan do . Indoor cycling
	18.00-18.45	Cyflyru Craidd . Core Conditioning
Dydd Mawrth Tuesday 31/03/26	13.00-13.45	Aerobeg Dwr . Aqua aerobics
	17.15-18.00	Seiclo dan do . Indoor cycling
	18.30-19.15	Pilates
	19.30-20.00	Acwa Dŵr Dyfn . Deep water aqua aerobics
Dydd Mercher Wednesday 01/04/26	07.00-08.00	HYROX
	17.30-18.15	Kettlebells
	18.30-19.00	TABATA
Dydd Iau Thursday 02/04/26	11.15-12.00	Aerobeg Dwr . Aqua aerobics
	14.45-16.45	Actif am oes . Active for Life
	17.15-17.45	Ffitball
	18.00-18.45	Seiclo dan do . Indoor cycling
Dydd Gwener Friday 03/04/26	10.15-11.00	Cylched Ysgafn . Light Circuit Training

Dydd Llun Monday 06/04/26	Ar gau . Closed	
Dydd Mawrth Tuesday 07/04/26	13.00-13.45	Aerobeg Dwr . Aqua aerobics
	17.15-18.00	Seiclo dan do . Indoor cycling
	18.30-19.15	Pilates
Dydd Mercher Wednesday 08/04/26	19.30-20.00	Acwa Dŵr Dyfn . Deep water aqua aerobics
	07.00-08.00	HYROX
	17.30-18.15	Kettlebells
Dydd Iau Thursday 09/04/26	18.30-19.00	TABATA
	11.15-12.00	Aerobeg Dwr . Aqua aerobics
	14.45-16.45	Actif am oes . Active for Life
Dydd Gwener Friday 10/04/26	17.15-17.45	Ffitball
	18.00-18.45	Seiclo dan do . Indoor cycling
	10.15-11.00	Cylched Ysgafn . Light Circuit Training
	11.00-12.30	Dementia Actif
	17.30-18.30	HYROX