

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES

27/10/25 - 02/11/25

Dydd Llun
Monday

10.15-11.00

Cylched Ysgafn . Light Circuit Training

12.00-12.30

Seiclo dan do . Indoor cycling

17.45-18.30

Spin combo

Dydd Mawrth
Tuesday

13.00-13.45

Aerobeg Dwr . Aqua aerobics

17.45-18.30

Seiclo dan do . Indoor cycling

18.45-19.15

Craidd . Core Conditioning

19.30-20.00

Aerobeg Dwr Dyfn . Deep Water Aqua aerobics

Dydd Mercher
Wednesday

18.00-18.45

Kettlebells

19.00-19.30

Seiclo dan do . Indoor cycling

Dydd Iau
Thursday

11.15-12.00

Aerobeg Dwr . Aqua aerobics

14.45-16.45

Actif am Oes

17.15-17.45

Fitball

18.00-18.45

Seiclo dan do . Indoor cycling

19.00-19.45

Pilates

Dydd Gwener
Friday

10.15-11.00

Cylched Ysgafn . Light Circuit Training

11.00-12.30

Dementia actif

17.30-18.30

HYROX