

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES

21/07/26 - 30/08/26

Dydd Llun Monday	10:15-11:00	Cylched Ysgafn . Light circuit training
	12:00-12:30	Seiclo dan do . Indoor cycling
	18:00-18:30	Craidd . Core Conditioning
	18:45-19:15	Tabata
Dydd Mawrth Tuesday	12:00-12:30	Seiclo dan do . Indoor cycling
	13:00-13:45	Acwa dwr . Aqua aerobics
	17.15-18.00	Seiclo dan do . Indoor cycling
	18:30-19:15	Pilates
	19:30-20:00	Acwa dwr dyfn . Deep water aqua aerobics
Dydd Mercher Wednesday	7:00-8:00	HYROX
	10:15-11:00	Acwa dwr . Aqua aerobics
	17:30-18:15	Kettlebells
	18:30-19:15	Spin Combo
Dydd Iau Thursday	11:15-12:00	Acwa dwr . Aqua aerobics
	14:00-14:45	Pilates
	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
	1:45-2:15	Seiclo dan do . Indoor cycling
	17:30-18:30	HYROX