

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES

25/05/26 - 31/05/26

Dydd Llun Monday 25/05/26	10.15-11.00	Cylched Ysgafn . Light Circuit Training
Dydd Mawrth Tuesday 26/05/26	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 27/05/26	07.00-08.00	HYROX
	17.30-18.15	Kettlebells
	18.30-19.00	TABATA
Dydd Iau Thursday 28/05/26	11.15-12.00	Aerobeg Dwr . Aqua aerobics
	14:00-14:45	Pilates
	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 29/05/26	10.15-11.00	Cylched Ysgafn . Light Circuit Training