



Dosbarthiadau Ffitrwydd Fitness Classes

29 Ebrill – 1 Medi 2019

29th April – 1st September 2019

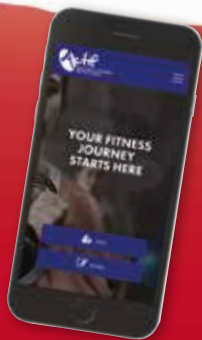


Canolfan Hamdden Llanelli Leisure Centre

29th April - 1st September 2019 - 29 Ebrill - 1 Medi 2019

	LLUN	MAW	MER	IAU	GWE	SAD
6.45	Chwilbedlo Spin	Boot Camp	Pwysau Tegell Kettlebells	Chwilbedlo Spin		
8.30	Aqua Fit		Aqua Fit		Aqua Fit	
9.00						Kettlercise Combat MX
9.30	Siapio'r coff gyda Barbwysau Barbell Sculpt	Dawns Fit Dance Fit	Mynd am Dani Body Blast	Box Fit	Boliâu, Coesau, a Phenolau Legs, Bums and Tums Chwilbedlo Spin	
			Bownsio i'r Bît Boogie Bounce			
10.00						Dawns Fit Dancefit
10.30	Ymarfer i Gerddoriaeth Aur Dance Gold		Ymarfer i Gerddoriaeth Aur Dance Gold		Ymarfer i Gerddoriaeth Exercise to Music	
			Craidd Core			
10.45				loga Yoga		
11.00						loga Yoga
11.45	Longevity Circuits		Longevity Circuits		Longevity Circuits	
13:30		PBF+ (Posture, Balance, Fitness)		PBF+ (Posture, Balance, Fitness)		
17.30		Tabata (30 mun/min)		Chwilbedlo Spin (30 mun/min)	Chwilbedlo Spin (30 mun/min)	
17.45	Tabata (30 mun/min)					
18.00	Chwilbedlo Spin	Box Fit	Boot Camp	Mynd am Dani Body Blast		
		Boliâu, Coesau, a Phenolau Legs, Bums and Tums				
18.15		Chwilbedlo Spin			Cylchoedd Ymarfer Circuits	
18.30	Bownsio i'r Bît Boogie Bounce					
19.00		Pwysau Tegell Kettlebells		Pwysau Tegell Kettlebells		
19.30	loga Yoga		loga Yoga			
	MON	TUES	WED	THUR	FRI	SAT

Mae'r dosbarthiadau ac amseroedd yn amodol ar newid, gweler y wefan am fanylion / Classes and times are subject to change, see website for details.



Archebu ar-lein / Book online

Archebwch neu edrychwch ar eich dosbarthiadau ar ein gwefan NEWYDD SBON / Join or view your classes on our BRAND NEW website:

Actif.cymru / Actif.wales



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