

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45	BARBELL SCULPT	BOOTCAMP	KETTLEBELLS				
	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN		
08:15						VIRTUAL SPIN	VIRTUAL SPIN
08:30	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
09:30	BODY SCULPT	DANCEFIT	LEGS, BUMS AND TUMS	BOXFIT	BARBELL SCULPT	DANCEFIT	
10:30	CORE	PILATES	CORE	YOGA COACH BY COLOUR	YOGALATES	YOGA	
11:30	DANCE GOLD		DANCE GOLD		DANCE GOLD		
12:15	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN
15:45						VIRTUAL SPIN	VIRTUAL SPIN
16:15			JUNIOR SPIN				
17:15	COACH BY COLOUR		COACH BY COLOUR				
17:30		LEGS, BUMS AND TUMS	BARBELL SCULPT	TABATA			
17:45		COACH BY COLOUR		COACH BY COLOUR			
18:15			COACH BY COLOUR				
18:30	DANCEFIT	BODY SCULPT TRIPLE	BODY BLAST	LEGS, BUMS AND TUMS			
18:45		KETTLEBELLS		KETTLEBELLS	PILATES		
19:15	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN		
19:30	YOGALATES	CORE	YOGA	DANCEFIT			

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ACTIF.WALES

	LLUN	MAWRTH	MERCHER	IAU	GWENER	SADWRN	SUL
06:45	SIAPO'R CORFF GYDA BARBWYSAU CHWILBEDLO RHITHWIR	BOOTCAMP CHWILBEDLO RHITHWIR	PWYSAU TEGELL CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR		
08:15						CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR
08:30	AEROBEG DWR		AEROBEG DWR		AEROBEG DWR		
09:30	SIAPO'R CORFF	DAWNS FFIT	BOLIAU, COESAU A PHENOLAU	BOCSFIT	SIAPO'R CORFF GYDA BARBWYSAU	DAWNS FFIT	
10:30	CRAIDD	PILATES	CRAIDD	IOGA / COACH BY COLOUR	YOGALATES	IOGA	
11:30	DAWNS AUR		DAWNS AUR		DAWNS AUR		
12:15	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR
15:45						CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR
16:15			JUNIOR SPIN				
17:15	COACH BY COLOUR		COACH BY COLOUR				
17:30		BOLIAU, COESAU A PHENOLAU	SIAPO'R CORFF GYDA BARBWYSAU	TABATA			
17:45		COACH BY COLOUR		COACH BY COLOUR			
18:15			COACH BY COLOUR				
18:30	DAWNS FFIT	SIAPO'R CORFF TRIPLE	MYND AMDANI	BOLIAU, COESAU A PHENOLAU			
18:45		PWYSAU TEGELL		PWYSAU TEGELL	PILATES		
19:15	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR	CHWILBEDLO RHITHWIR		
19:30	YOGALATES	CRAIDD	IOGA	DAWNS FFIT			

Dosbarth mewn tu fewn
 Yn y pwll

ARCHEBWCH ARLEIN / APP
ACTIF.CYMRU