

# FITNESS CLASS TIMETABLE

NEWCASTLE EMLYN LEISURE CENTRE

|       | <b>MONDAY</b>   | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> |
|-------|-----------------|----------------|------------------|-----------------|---------------|-----------------|
| 07:45 | COACH BY COLOUR |                | COACH BY COLOUR  |                 |               |                 |
| 09:00 |                 |                |                  |                 |               | COACH BY COLOUR |
| 18:00 | HIIT            | CIRCUITS       | CORE             | CIRCUITS        |               |                 |
| 19:30 | COACH BY COLOUR |                | COACH BY COLOUR  |                 |               |                 |

BOOK ONLINE / APP  
**ACTIF.WALES**



# AMSERLEN DOSBARTHADAU FFITRWWYDD

## CANOLFAN HAMDDEN CASTELL NEWYDD EMLYN

|       | <i><b>LLUN</b></i> | <i><b>MAWRTH</b></i> | <i><b>MERCHER</b></i> | <i><b>IAU</b></i> | <i><b>GWENER</b></i> | <i><b>SADWRN</b></i> |
|-------|--------------------|----------------------|-----------------------|-------------------|----------------------|----------------------|
| 07:45 | COACH BY COLOUR    |                      | COACH BY COLOUR       |                   |                      |                      |
| 09:00 |                    |                      |                       |                   |                      | COACH BY COLOUR      |
| 18:00 | HIIT               | CYLCHEDAU            | CRAIDD                | CYLCHEDAU         |                      |                      |
| 19:30 | COACH BY COLOUR    |                      | COACH BY COLOUR       |                   |                      |                      |

ARCHEBWCH AR LEIN / APP  
**ACTIF.CYMRU**

