

# Hamdden LLAMBED Leisure

£2 PER  
CLASS

## Dosbarthiadau Haf 2021

### 2021 Summer Classes

#### DYDD LLUN / MONDAY

TROELLI / SPIN - 5.30 - 6.00pm

CYLCHEDAI / CIRCUITS - 6.30 - 7.30pm

#### DYDD MAWRTH / TUESDAY

KETTLEFIT - 5.30 - 6.15pm

FITT CUBE - 6.30 - 7.15pm

BODY SCULPT - 7.30 - 8.15pm

#### DYDD MERCHER / WEDNESDAY

CLWB CERDDED / WALKING CLUB

5.00 - 6.00pm

BOXERCISE - 6.00 - 6.45pm

BOOGIE BOUNCE - 7.15 - 7.45pm

£2 Y

DOSBARTH

Cofiwch fod rhaid bwcio lle ar gyfer pob dosbarth trwy ffonio'r ganolfan neu e-bostio'r cyfeiriad isod:

***Remember that you must book your space for each class by calling the centre or e-mailing:***

***[leisurebookings@ceredigion.gov.uk](mailto:leisurebookings@ceredigion.gov.uk)***



**01570 422 552**