



Canolfan Hamdden Plascrug Leisure Centre

DOSBARTHIAU FFITRWYDD

FITNESS CLASSES



DECHRAU O MIS MEDI 2024 / STARTING FROM SEPTEMBER 2024

<p>Monday</p> <p>Spin 07:15 - 08:00 Spin 17:30 - 18:15 Yoga/Pilates 18:15 - 19:00 Flex & Relax 19:15 - 20:00</p>	<p>Dydd Llun</p> <p>Troelli 07:15 - 08:00 Troelli 17:30 - 18:15 Ioga/Pilates 18:15 - 18:45 Sesiwn Fflecs ac Ymlacio 19:15 - 20:00</p>
<p>Tuesday</p> <p>HIIT 07:15 - 08:00 Seated Yoga 12:00 - 12:45 Yoga/Pilates 12:55 - 13:40 Walking Football 13:00 - 14:00 Spin 17:15 - 18:00 Kettlebells 17:45 - 18:30 Aqua Spin* 20:15 - 21:00</p>	<p>Dydd Mawrth</p> <p>Hyfforddiant Seibiannol Dwys 07:15 - 08:00 Ioga Eisteddog 12:00 - 12:45 Ioga/Pilates 12:55 - 13:40 Pel-droed Cerdded 13:00 - 14:00 Troelli 17:15 - 18:00 'Kettlebells' 17:45 - 18:30 Troelli Dŵr* 20:15 - 21:00</p>
<p>Wednesday</p> <p>Spin 07:15 - 08:00 Low Impact Circuits 09:00 - 10:00 10:00 - 11:00 Core/Back & Pelvic Floor 12:30 - 13:15 Zumba 18:00 - 19:00 Boxercise Bootcamp** 19:15 - 20:00 **Please see separate poster</p>	<p>Dydd Mercher</p> <p>Troelli 07:15 - 08:00 Dosbarth Cylchol Effaith Isel 09:00 - 10:00 10:00 - 11:00 Craidd/Cefn a Llawr y Pelfis 12:30 - 13:15 Zumba 18:00 - 19:00 Boxercise Boot Camp Ffitrwydd** 19:15 - 20:00 **Gweler poster ar wahân</p>
<p>Thursday</p> <p>Kettlebells 07:15 - 08:00 Low Impact Circuits 11:45 - 12:45 12:45 - 13:45 Spin 17:15 - 18:00 Circuits 18:00 - 19:00</p>	<p>Dydd Iau</p> <p>'Kettlebells' 07:15 - 08:00 Dosbarth Cylchol Effaith Isel 11:45 - 12:45 12:45 - 13:45 Troelli 17:15 - 18:00 Hyfforddiant Cylchol 18:00 - 19:00</p>
<p>Friday</p> <p>Spin 07:15 - 08:00 Yoga/Pilates 11:30 - 12:15 MegaFit 18:15 - 18:45</p>	<p>Dydd Gwener</p> <p>Troelli 07:15 - 08:00 Ioga/Pilates 11:30 - 12:15 MegaFit 18:15 - 18:45</p>

Oherwydd nifer cyfyngedig o lefydd cynghorir chi gofrestru a thalu i sicrhau lle.

Due to limited numbers, pre-booking with payment is highly recommended.



*Dim yn rhan o pecynnau aelodaeth Ochr Sych

* Not included in Unlimited Dryside Membership

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