


Exercise Class Timetable - Amserlen Dosbarthiadau Ymarfer Corff

	Monday - Llun	Tuesday - Mawrth	Wednesday - Mercher	Thursday - Iau	Friday - Gwener	Saturday - Sadwrn	Sunday - Sul
Morning - Bore	9.15 - 10.00 AquaFit™ Ffitrwydd Dwr (P)	9.00 - 9.45 AquaRehab™ (P)		9.45 - 10.45 BodyPump™ (S)	9.15 - 10.15 Bodybalance™ (S)	9.15 - 10.15 BodyPump™ (S)	10.00 - 11.15 BodyBalance™ Technique (S)
	9.45 - 10.45 Bodypump™ (S)	9.45 - 10.45 BodyCombat™ (S)	9.45 - 10.45 BodyAttack™ (S)	11.00 - 11.45 AquaJog Lloncian Dwr (P)	10.15 - 11.15 Legs, Bums & Tums (S)	10.30 - 11.30 BodyAttack™ (S)	11.30 - 12.30 BodyCombat™ (S)
	11.00 - 12.00 BodyCombat™ (S)	10.45 - 12.15 Yoga - Ioga (S)	11.00 - 12.00 Bodybalance™ (S)	10.45 - 12.15 Yoga - Ioga (S)		11.30 - 12.30 Street Dance Dawnsio'r Stryd (£ S)	
Afternoon - Prynawn	12.15 - 13.00 BodyPump™ (S)	12.15 - 13.00 Zumba™ (S)	12.15 - 13.00 BodyPump™ (S)	12.15 - 13.00 Zumba™ (S)	12.15 - 13.00 BodyConditioning (S)	12.30 - 13.30 Street Dance Dawnsio'r Stryd (£ S)	
	14.15 - 15.00 Active Adults (S)	13.30 - 14.15 AquaFit™ Ffitrwydd Dwr (P)	14.30 - 15.30 Active Adults (S)	13.15 - 14.35 Mature Movers (S)		14.00 - 15.00 Kungfu (£ S) High Grades Graddau Uchel	
			14.30 - 15.15 AquaGym Ffitrwydd Dwr (P)	14.30 - 15.15 AquaFit™ Ffitrwydd Dwr (P)		15.00 - 16.00 Kungfu (£ S) Beginners & Childrens Dechreuwr a Phlant	
Evening - Nos	17.30 - 18.30 NIKE™ (S)	17.30 - 18.30 BodyAttack™ (S)	17.30 - 18.30 ZumbaSculpt (S)	17.30 - 18.30 BodyJam™ (S)	17.30 - 17.45 BodyPump™ Technique (S)	16.00 - 17.00 Kickboxing (£ S)	
	18.35 - 18.55 Ab Blast Gweithio'r Bol (S)	18.30 - 19.15 BodyVive™ (S)	18.45 - 19.45 BodyPump™ (S)	18.30 - 19.30 BodyCombat™ (S)	17.45 - 18.45 BodyPump™ (S)		
	19.00 - 20.00 BodyPump™ (S)	19.15 - 20.00 Boxercise™ (S)	19.15 - 19.45 AquaNatal (P)	19.30 - 20.15 BodyStep™ (S)		Key - Allwedd	
	20.15 - 21.15 BodyJam™ (S)	20.00 - 21.00 BodyCombat™ (S)	20.00 - 21.00 Aqua Aerobics Erobeg Dŵr (P)	20.15 - 21.15 Power Yoga Ioga Cryfhau (S)		Class Location Lleoliad y Dosbarth	Class Type Math o Ddosbarth
			20.00 - 21.00 Bodybalance™ (S)			S Studio Stwdio	High Energy Egni Uchel
						P Pool Pŵll	Dance Dawns
*BODYCOMBAT™ Sunday @ 11.30am	 <p style="text-align: center;">Arrival of the Fittest</p>			*BODYCOMBAT™ Dydd Sul @ 11.30am	O Outdoor Tu allan	Conditioning Chyflyru	
*ZUMBA™ Tuesday @ 12.15pm				*ZUMBA™ Dydd Mawrth @ 12.15pm	£ Additional Fee payable Tâl ychwanegol yn daladwy	Holistic Cyfannol	
*Community Fitclub is back as a 12 week course on Thursdays 6pm - 7pm				*Community Fitclub is back as a 12 week course on Thursdays 6pm - 7pm	T Technique Techneg	Childrens Plant	
*AQUAFIT Tuesday @ 1.30pm				*FFITRWYDD DWR Dydd Mawrth @ 1.30pm			