

llun/ mon		maw/ tue		mer/ wed		iau/ thu		gwe/ fri		sad/ sat		sul/ sun	
09:30 — 10:15	EASYLINE™ Nicola (H)									09:00 — 10:00	GYMNASTEG GYMNASTICS Tracey (£H)		
10:15 — 11:00	EASYLINE™ Nicola (H)									10:00 — 11:00	GYMNASTEG GYMNASTICS Tracey (£H)		
12:00 — 13:00	AQUAFIT™ Lyndsay (P)									11:00 — 12:00	GYMNASTEG GYMNASTICS Tracey (£H)	11:00 — 12:00	FFITRWYDD IAU JUNIOR FITNESS 11—15yrs (G)
15:00 — 16:30	ATAL CWYMPIADAU Canolfan Adnoddau FALLS PREVENTION Resource Centre			15:00 — 16:00	AQUAFIT™ Lyndsay (P)								
16:00 — 17:00	FFITRWYDD IAU JUNIOR FITNESS 11—15yrs (G)												
18:45 — 19:15	METAFIT™ Simon (H)	18:40 — 19:25	TAE KWON-DO Alex (£H)	18:15 — 19:00	EASYLINE™ Amanda/Gavin (H)	18:40 — 19:50	TAE KWON-DO Alex (£H)	18:45 — 19:15	COUCH—5K Penny (O) From 20th April				
		19:00 — 20:00	CYLCHEDAU CIRCUITS Laura (H)	19:15 — 20:15	CORE BLAST Tracy (H)	19:00 — 20:00	CORE PILATES™ Tracy (H)						
		20:15 — 21:00	L.B.T Laura (H)	20:15 — 21:15	AQUAFIT™ Tracy (P)	19:15 — 20:15	MASTERS (P)						



allwedd: ■ cryfhau a tynhau/ strength & toning
 key: ■ cardio a llosgi calorïau/ cardio & calorie burning
■ ymarfer yn y dŵr/ water exercise
■ hyfforddiant meddwl a chorff/ mind body training

