AMSERLEN YMARFER GRŴP 'POP-UP'

TACHWEDD 2026

HAVERFORDWEST LEISURE CENTRE
CANOLFAN HAMDDEN HWLFFORDD

PEMBROKESHIRE LEISURE
HAMDDEN SIR BENFRO

Dydd Llun 2nd, 9th, 16th, 23rd, 30th	8:00YP	-	8:45YP	**Ffitrwydd Dŵr**
Dydd Llun 2nd, 9th, 16th, 23rd, 30th	9:40YB	-	10:10YB	**MX4**
Dydd Llun 2nd, 9th, 16th, 23rd	6:20YP	-	7:05YP	**BOCSIO CARDIO**
Dydd Llun 2nd, 9th, 16th, 23rd, 30th	7:10YP	-	7:55YP	**Ymarfer wrth Ddawnsio**
Dydd Mawrth 3rd, 10th, 17th, 24th	12:35YP	-	13:35YP	**Symudiadau Tai Chi ar gyfer Lles**
Dydd Mercher 4th, 11th, 18th, 25th	5:45YP	-	6:45YP	**Beicio Grŵp**
Dydd Gwener 6th, 13th, 20th, 27th	5:30YP	-	6:30YP	**Ymarfer Cylchol**
Dydd Gwener 6th, 13th, 20th, 27th	6:00YP	-	7:00YP	**Ioga (Yin)**
Dydd Sadwrn 7th, 14th, 21st, 28th	8:30YB	-	9:30YB	**Ffit Swythogaethol**
Dydd Sul 8th, 15th, 22nd, 29th	11:45YB	-	12:45YP	**Ioga (Yin)**

CARDIO	Y MEDDWL A'R CORFF	DAWNS
(A4L) Heini Am Oes	CRYFDLER A CHYFLYRU	BEICIO
COACH BY COLOUR	*	NEWYDD/ DIWEDDAREDIG
Er nad yw'n hanfodol, byddem yn argymell archebu lle i warantu eich lle		

ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.
FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE, PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551

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