

AMSERLEN YMARFER GRWP

04 MEDI - 26 RHAGFYR 2023

Dydd Llun

06:30YB - 07:05YB **HIITSTEP™**
07:15YB - 08:00YB **HIIT (Chwilibedlo)**
07:45YB - 08:45YB **Pilaticise**
08:50YB - 09:20YB **HIIT**
09:25YB - 10:25YB **BODYPUMP** Gan Les Mills™
10:30YB - 11:30YB **BODYBALANCE** Gan Les Mills™
12:05YP - 01:05YP **Acwa-Ffit**
05:00YP - 06:00YP **Pwysau Tegell**
05:15YP - 06:15YP **Beicio Grŵp***
06:15YP - 07:00YP **Cylchedau**
07:15YP - 08:15YP **Zumba**

Dydd Mawrth

06:30YB - 07:15YB **Bore 45**
07:30YB - 08:30YB **Nofio Ffit Oedolion**
08:30YB - 09:30YB **TRX**
09:30YB - 10:30YB **HIIT**
09:30YB - 10:30YB **Beicio Grŵp**
10:00YB - 11:00YB **Thearpi yn y Dŵr**
10:35YB - 11:35YB **BODYBALANCE** Gan Les Mills™
11:40YB - 12:40YP **Cadw Heini Ysgafn (A4L)**
12:00YP - 01:00YP **Awca-Ffit Uwch**
05:30YP - 06:30YP **Cylchedau**
06:00YP - 07:00YP **Beicio Grŵp**
06:45YP - 07:45YP **Pwysau Tegell**
07:05YP - 08:05YP **Beicio Grŵp**

Dydd Mercher

06:30YB - 07:00YB **HIITCARDIO™**
07:15YB - 08:00YB **HIIT (Chwilibedlo)**
08:45YB - 09:15YB **BOOTCAMP***
09:20YB - 10:20YB **BODYPUMP** Gan Les Mills™
09:30YB - 10:30YB **Beicio Grŵp Dechreuwr**
10:30YB - 11:30YB **Pilaticise**
11:35YB - 12:35YP **Ymarfer Corff i'r Corff Cyfan**
11:35YB - 12:35YP **Y Meddwl a'r Corff Ysgafn**
12:25YP - 13:25YP **Acwa-Ffit**
12:40YP - 13:40YP **Pencampwyr Cadeiriau (A4L)**
05:30YP - 06:15YP **Cylchedau**
06:30YP - 07:00YP **HIITSTEP™**
07:15YP - 08:00YP **Cryfder Tabata**
07:30YP - 08:15YP **Gwersi Nofio Dechreuwr i Oedolion**
08:15YP - 09:00YP **Gwersi Nofio Uwch i Oedolion**
08:45YP - 09:30YP **Nofio Ffit Oedolion**
09:00YP - 09:45YP **Gwersi Nofio Uwch i Oedolion**

Dydd Iau

07:00YB - 07:30YB **Cylchedau**
07:45YB - 08:30YB **Zumba**
08:45YB - 09:30YB **Cyflwyniad i TRX**
09:30YB - 10:30YB **Beicio Grŵp**
09:30YB - 10:30YB **BOXFIT**
10:35YB - 11:35YB **Pilaticise**
11:40YB - 12:40YP **F.I.T (A4L)**
05:00YP - 06:00YP **Pilaticise**
05:45YP - 06:45YP **Beicio Grŵp**
06:05YP - 07:05YP **BODYBALANCE** Gan Les Mills™
06:05YP - 07:05YP **Ioga Hatha**
05:45YP - 06:45YP **Beicio Grŵp**

Dydd Gwener

07:00YB - 08:00YB **HIITSPIN**
08:00YB - 09:00YB **Ioga Deffro**
08:45YB - 09:15YB **Ymarferion Cardiofasgwlaidd Dwys**
09:20YB - 10:20YB **Ymarferion Craidd a Chyflyru**
10:30YB - 11:30YB **Strictly Fitsteps™**
10:30YB - 11:30YB **Datblygiad Meddwl a'r Corff***
11:35YB - 12:35YP **BODYBALANCE** Gan Les Mills™
12:05YP - 01:05YP **Aerobeg Dŵr**
05:15YP - 06:00YP **BODYPUMP** Gan Les Mills™
06:10YP - 06:40YP **HIITSTEP™**
06:45YP - 07:30YP **Hoopacise**

Dydd Sadwrn

08:30YB - 09:30YB **HIITSTEP™/PWYSAU**
09:45YB - 10:30YB **HIITCARDIO™/Craidd***

Dydd Sul

09:30YB - 10:30YB **Ioga Ysgafn**
11:00YB - 12:00YP **BODYBALANCE** Gan Les Mills™

ALLWEDD	YMARFERION CARDIOFASGWLAIDD	Y MEDDWL A'R CORFF	DAWNS
	(A4L) HEINI AM OES	CRYFDLER A CHYFLYRU	BEICIO
	NEW/UPDATED		

Fersiwn 1.
Mae ein holl amserlenni ar gael ar ein gwefan ac Ap Hamdden Sir Benfro.
Mae'r eitem hon ar gael yn Saesneg hefyd.

I gael copi mewn print bras, fformat hawdd ei ddarllen, Braille, recordiad sain, neu mewn iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437764551.