

DOSBARTHIADAU POP-YP

Wednesday 1st Tachwedd

06:00YP - 06:45YP **HIIT SPIN**

06:50YP - 07:20YP **CRAIDD**

Thursday 2nd Tachwedd

08:00YB - 09:00YB **loga Deffro**

Friday 3rd Tachwedd

08:00YB - 09:00YB **loga Deffro**

Tuesday 7th Tachwedd

04:00YP - 05:00YP **Zumba™**

07:00YP - 07:45YP **Les Mills BODYBALANCE™**

Wednesday 8th Tachwedd

08:45YB - 09:30YB **Treial Awca-loga**

06:00YP - 06:45YP **HIIT SPIN**

Thursday 9th Tachwedd

08:00YB - 09:00YB **loga Deffro**

Friday 10th Tachwedd

08:00YB - 09:00YB **loga Deffro**

Tuesday 14th Tachwedd

04:00YP - 05:00YP **Zumba™**

07:00YP - 07:45YP **Les Mills BODYBALANCE™**

Wednesday 15th Tachwedd

06:00YP - 06:45YP **HIIT SPIN**

Friday 17th Tachwedd

08:00YB - 09:00YB **loga Deffro**

Tuesday 21st Tachwedd

04:00YP - 05:00YP **Zumba™**

07:00YP - 07:45YP **Les Mills BODYBALANCE™**

Wednesday 22nd Tachwedd

08:45YB - 09:30YB **Treial Awca-loga**

06:00YP - 06:45YP **HIIT SPIN**

Thursday 23rd Tachwedd

08:00YB - 09:00YB **loga Deffro**

Friday 24th Tachwedd

08:00YB - 09:00YB **loga Deffro**

Tuesday 28th Tachwedd

04:00YP - 05:00YP **Zumba™**

07:00YP - 07:45YP **Les Mills BODYBALANCE™**

Wednesday 29th Tachwedd

06:00YP - 06:45YP **HIIT SPIN**

Thursday 30th Tachwedd

08:00YB - 09:00YB **loga Deffro**

ALLWEDD

CARDIO

Y MEDDWL A'R CORFF

DAAWNS

CRYFDER A CHYFLYRU

BEICIO

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 01437 764551.