

Amserlen Ymarfer Grŵp

Dydd Llun

6:30yb-7:15yb **HIITSTEP**
7:45yb-8:45yb **Pilaticise**
8:45yb-9:15yb **HIIT**
9:20yb-10:20yb **Les Mills Body Pump**
9:30yb-10:15yb **Beicio Grŵp**
10:00yb-11:00yb **Byddwch yn Actif ****
10:30yb-11:15yb **Ioga (Hatha)**
11:30yb-12:15yb **Cylched**
12:00yp-12:45yp **Aerobeg Dŵr**
5:00yp-6:00yp **Kettlebells**
5:30yp-6:15yp **Cylched (Tasker Milward Tennis Dome)***
5:30yp-6:00yp **Beicio Grŵp**
6:15yp-6:45yp **HIIT**

Dydd Mawrth

7:00yb-7:30yb **Cylched**
7:30yb-8:30yb **Wake Up Yoga**
7:30yb-8:15yb **Nofio Ffit Oedolion**
9:30yb-10:30yb **HIIT**
9:30yb-10:30yb **Beicio Grŵp**
10:30yb-11:30yb **Les Mills Body Balance**
11:30yb-12:30yp **Cadw Heini Ysgafn (A4L)**
12:00yp-12:45yp **Aerobeg Dŵr**
5:00yp-5:45yp **TRX**
5:30yp-6:15yp **Cylched (Tasker Milward Tennis Dome)***
5:30yp-6:30yp **Beicio Grŵp**
6:00yp-7:00yp **Strictly Fitsteps**

Dydd Mercher

7:00yb-7:45yb **HIITCARDIO**
9:30yb-10:30yb **Les Mills Body Attack**
9:30yb-10:30yb **Beicio Grŵp**
10:30yb-11:30yb **Pilaticise**
11:30yb-12:30yp **Total Body Sculpt**
5:15yp-6:00yp **Les Mills Body Pump**
6:15yp-7:15yp **Les Mills Body Balance**
8:45yp-9:30yp **Gwersi Nofio Uwch i Oedolion**
8:45yp-9:30yp **Nofio Ffit Oedolion**

Dydd Iau

7:00yb-7:30yb **Cylched**
7:30yb-8:30yb **Wake Up Yoga**
9:30yb-10:30yb **Boxfit**
9:30yb-10:30yb **Beicio Grŵp**
10:30yb-11:30yb **F.I.T (A4L)**
5:00yp-6:00yp **Pilaticise**
5:30yp-6:30yp **Beicio Grŵp**
6:00yp-6:45yp **Aero Bounce**
7:00yp-8:00yp **Beicio Grŵp**
7:30yp-7:45yp **Cylched**

Dydd Gwener

7:00yb-7:45yb **Sbinio HIIT**
7:30yb-8:30yb **Wake Up Yoga**
9:30yb-10:30yb **Hyfforddiant Craidd a Chyflyru**
10:00yb-11:00yb **Group Cycling**
10:30yb-11:30yb **Strictly Fitsteps**
11:30yb-12:30yb **Les Mills Body Balance**
12:00yp-12:45yp **Aerobeg Dŵr**
5:30yp-6:15yp **Cylched (Tasker Milward Tennis Dome)***
5:30yp-6:00yp **HIITSTEP**
6:10yp-6:55yp **Hoopacise**

Dydd Sadwrn

8:30yb-9:15yb **HIIT**
9:25yb-10:10yb **TRX**

Dydd Sul

11:00yb-12:00yb **Les Mills Body Balance**

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| ALLWEDD | CARDIO |
| | DAWNS |
| | Y MEDDWL A'R CORFF |
| | CRYFDER A CHYFLYRU |
| | BEICIO |

**** Yn addas I oedolion ag anghenion addysgiadol****

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 Chynghor Sir Penfro ar 01437 764551.