

# DOSBARTHADAU CHWILBEDLO RHITHWIR | VIRTUAL SPIN CLASSES

Ionawr - Ebrill 2020 | January - April 2020

	LLUN	MAW	MER	IAU	GWE	SAD	SUL
06:45 - 07:15		MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)		MyRide Studio Coach (Fast) (30 mun/mins)		
08:00 - 08:55	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*		
09:00 - 09:55	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*		MyRide Tour Coach*	MyRide Tour Coach*
10:00 - 10:55	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*			MyRide Studio Coach*
11:00 - 11:55	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*		MyRide Tour Coach*
12:00 - 12:30	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)
13:00 - 13:30	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)	MyRide Studio Coach (Fast) (30 mun/mins)
15:00 - 15:55	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*	MyRide Tour Coach*
16:00 - 16:55	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*	MyRide Studio Coach*
17:00 - 17:55		MyRide Tour Coach*	MyRide Tour Coach*				MyRide Tour Coach*
18:00 - 18:55							MyRide Studio Coach
19:00 - 19:55				MyRide Tour Coach*	MyRide Studio Coach*		
	MON	TUES	WED	THUR	FRI	SAT	SUN

Mae'r dosbarthiadau ac amseroedd yn amodol ar newid, gweler y wefan am fanylion. | Classes and times are subject to change, see website for details.



## Dosbarthiadau Ffitrwydd Fitness Classes

Ionawr - Ebrill 2020  
January - April 2020

CANOLFAN HAMDDEN LLANELLI  
LLANELLI LEISURE CENTRE



### Ar-lein Actif

Ymunwch, archebwch a edrychwch ar ein holl ddosbarthiadau ffitrwydd yn

Actif.cymru



@SportCarms

T 01267 224700



Actif Sport and Leisure

E actifsirgar@sirgar.gov.uk

### Actif Online

Join, book and view all our fitness classes online at

Actif.wales



# AMSERLEN DOSBARTHADAU FFITRWYDD | FITNESS CLASS TIMETABLE

Ionawr – Ebrill 2020 | January – April 2020

	LLUN	MAW	MER	IAU	GWE	SAD
06:45	ICG Connect	Bootcamp	Pwysau Tegell / Kettlebells	Coach by Colour® (45 mun/min)		
08:30	Aqua Fit		Aqua Fit		Aqua Fit	
09:00						Kettlercise Combat MX
09:30	Siapio'r corff gyda Barbwysau / Barbell Sculpt	Dawns Fit / Dancefit	Mynd am Dani / Body Blast	Boxfit	Coach by Colour® (45 mun/min)	
			Boliau, Coesau, a Phenolau / Legs, Bums and Tums		Boxfit	
10:00						Dawns Fit / Dancefit
10:15						Coach by Colour® (45 mun/min)
10:30	Ymarfer i Gerddoriaeth Aur / Dance Gold		Ymarfer i Gerddoriaeth Aur / Dance Gold			
			Craidd / Core			
10:45				loga / Yoga		
11:00						loga / Yoga
11:45	Fit for Life		Fit for Life		Fit for Life	
13:30		PBF+ (Osgo, Cydbwysedd a Ffitrwydd / Posture, Balance and Fitness)		PBF+ (Osgo, Cydbwysedd a Ffitrwydd / Posture, Balance and Fitness)		
15:30			Junior Spin**			
17:30		Tabata HIIT		Coach by Colour® (30 mun/min)	MyRide Live (45 mun/min)	
17:45	Tabata HIIT					
18:00	MyRide Live	Box Fit	Boot Camp	Mynd am Dani / Body Blast		
		Boliau, Coesau, a Phenolau / Legs, Bums and Tums				
18:15		Coach by Colour® (45 mun/min)	ICG Connect			Cylchoedd Ymarfer / Circuits
19:00	Prawf FTP / FTP Test	Pwysau Tegell / Kettlebells		Pwysau Tegell / Kettlebells		
19:30	Yogalates		loga / Yoga			
	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>

## ORIAU AGOR Y GAMPFA | GYM OPENING HOURS

Dydd Llun – Dydd Gwener	<b>06:30am</b>	<b>21:00pm</b>	Monday – Friday
Dydd Sadwrn	<b>08:00am</b>	<b>18:00pm</b>	Saturday
Dydd Sul	<b>08:00am</b>	<b>20:00pm</b>	Sunday

Mae amserau agor yn newid yn ystod gwyliau banc, gweler y wefan i gael manylion. | Opening times change during bank holidays, see website for details. Mae'r dosbarthiadau ac amseroedd yn amodol ar newid, gweler y wefan am fanylion. | Classes and times are subject to change, see website for details.

\*Ar gael i rai sy'n 11-13 oed | Available for 11-13 year olds. \*\*Ar gael i rai sy'n 14-17 oed | Available for 14-17 year olds



YDYCH CHI'N BAROD I GYMRYD  
EICH DOSBARTH CHWILBEDLO  
**I'R LEFEL NESAF?**

ARE YOU READY TO TAKE  
YOUR SPIN CLASS TO  
**THE NEXT LEVEL?**



### MYRIDE LIVE

Dilynwch eich hyfforddwr mewn sesiwn feicio dan do hawdd ei dilyn ar draws ffyrdd, coedwigoedd, mynyddoedd a hyd yn oed llosgfynyddoedd mwyaf syfrdanol a heriol y byd. Chi sy'n creu'r cyffro a byddwch yn llosgi'r calorïau wrth wneud.



### DOSBARTHADAU COACH BY COLOUR®\*

Bydd y dosbarthiadau hyn yn gwella eich profiad beicio dan do trwy ddefnyddio **5 parth hyfforddi â lliw** i sicrhau eich bod yn gweithio at y dwysedd cywir, pob ymarfer\*. Y cyfan sydd angen i chi ei wneud yw cyfateb y lliw ar eich beic i'r lliw ar feic yr hyfforddwr – syml ond nid bob amser yn hawdd!



### ICG CONNECT®\*

Ym mhob dosbarth, mae beicwyr yn beicio gyda ac yn erbyn ei gilydd i gyrraedd targed y grŵp, ennill brwydrau tîm a llwyddo i gael eu hamserau personol gorau.

### CHWILBEDLO RHITHWIR\*

Mae rhain yn ddosbarthiadau rhithwir newydd sbon.  
**MAE GENNYM 3 I DDEWIS:**

#### MyRide Studio Coach®

Bydd hyfforddwr rhiwthwir ar y sgrin yn eich tywys trwy eich ymarfer.

#### MyRide Studio Coach (Fast)®

NEWYDD! Dosbarth ymarfer egniol iawn â seibiannau (HIIT) i sicrhau'r canlyniadau gorau i chi a lleihau'r amser ymarfer.

#### MyRide Tour Coach®

Gallwch feicio gan ddilyn golygfeydd rhygweithiol o bedwar ban byd gyda cherddoriaeth a hyfforddiant ar y sgrin.



### MYRIDE LIVE

Follow your instructor in an immersive easy to follow indoor cycling session across the world's most breath-taking and challenging roads, forests, mountains and even volcanoes. You create the action and burn calories in the process.



### COACH BY COLOUR®\*

These classes will enhance your indoor cycling experience by using **5 coloured training zones** to ensure that you are working at the right intensity, every workout\*. All you need to do is match the colour on your bike to the colour on the instructor's bike – simple but not always easy!



### ICG CONNECT®\*

In every class, participants ride for, with and against each other to meet the group target, win team battles and achieve personal bests.

### VIRTUAL CLASSES\*

These are brand new virtual reality spin classes.  
**WE HAVE 3 TO CHOOSE FROM:**

#### MyRide Studio Coach®

An on screen virtual coach will guide you through your workout.

#### MyRide Studio Coach (Fast)®

NEW! High intensity interval (HIIT) Fast Class available to maximise your results while reducing training time

#### MyRide Tour Coach®

Ride to interactive scenery from all over the world paired with music and on screen coaching.

\* **Prawf Chwilbedlo FTP:** Er mwyn personoli a manteisio i'r eithaf ar eich profiad yn y dosbarthiadau hyn rydym yn argymhell eich bod yn cwblhau prawf chwilbedlo FTP, bydd hyn yn rhoi rhif mwy cywir a fydd yn cael ei fewnynnau ar ddechrau'r dosbarth. Gellir archebu lle ar gyfer y prawf 4 munud hwn yn y dderbyntia.

\* **FTP Spin Test:** To personalise and maximise your experience in these classes we do recommend you complete an FTP Spin test, this will give you a more accurate number that gets inputted at the start of the class. Bookings for this test can be secured at reception.