

AMSERLEN DOSBARTHADAU FFITRWWYDD

CANOLFAN HAMDDEN LLANYMDDYFRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 SBIN RHITHIOL	07:30 SBIN RHITHIOL	07:30 SBIN RHITHIOL	07:30 SBIN RHITHIOL	07:30 SBIN RHITHIOL	08:30 SBIN RHITHIOL	08:30 SBIN RHITHIOL
10:30 HIIT YSGAFN	09:00 COACH BY COLOUR	09:00 SBIN RHITHIOL	09:15 FFITRWWYDD YSGAFN	09:30 SBIN RHITHIOL	10:00 SBIN RHITHIOL	10:00 SBIN RHITHIOL
14:00 SBIN RHITHIOL	10:00 SBIN RHITHIOL	12:00 LEGS, BUMS & TUMS	11:00 SBIN RHITHIOL	12:00 CYFLWYNIAD I FFITRWWYDD	14:30 SBIN RHITHIOL	14:00 SBIN RHITHIOL
18:00 SBIN RHITHIOL	13:00 SBIN RHITHIOL	15:30 SBIN RHITHIOL	13:00 HIIT YSGAFN	12:30 YMESTYN ADDFWYN A CRAIDD		
	16:00 SBIN RHITHIOL	18:00 COACH BY COLOUR	18:00 LEGS, BUMS & TUMS	16:30 SBIN RHITHIOL		
	18:30 SBIN YSGAFN		19:00 SBIN RHITHIOL	18:00 HIIT		
	19:15 ACWAFFIT					

ARCHEBWCH ARLEIN/ APP

ACTIF.CYMRU