

AMSERLEN DOSBARTH FFITRWYDD (TU FEWN A TU ALLAN)

CANOLFAN HAMDDEN CAERFYRDDIN

	LLUN	MAWRTH	MERCHER	IAU	GWENER	SADWRN	SUL
06:45	SYNRGY		COACH BY COLOUR	BOOTCAMP	COACH BY COLOUR		
07:45	CHWILBEDLO		FTP SPIN TEST	SYNRGY		CYLCHEDAU	
10:00	SIAPO'R CORFF GYDA BARBWYSAU	TABATA	MYND AMDANI	TABATA	AEROBEG	MYND AMDANI	ZUMBA
11:30	COESAU, BOLIAU A PHENOLAU			DAWNS AUR	CRAIDD		
13:00		SYNRGY	FIT FOR LIFE	DAWNS AUR	ACWA		
17:30	COACH BY COLOUR	SIAPO'R CORFF	PWYSAU TEGELL	COACH BY COLOUR	CYLCHEDAU		
19:00	COACH BY COLOUR	BOOTCAMP	CYLCHEDAU	COESAU, BOLIAU A PHENOLAU	COACH BY COLOUR		
19:00	ZUMBA	COACH BY COLOUR					



Dosbarth mewn tu fewn



Dosbarth mewn tu allan /
marquee

ARCHEBWCH ARLEIN / APP
ACTIF.CYMRU