

FITNESS CLASS TIMETABLE

SPORTS VILLAGE SPORTS CENTRE



Sport Swansea
Swansea University

WINTER TERM TIMETABLE

	Morning			Lunchtime		Evening	
Monday	TITAN CONDITIONING 6:30 – 7:30 The Shed			LES MILLS GRIT STRENGTH 12.30 – 13.00 Leanne Pavilion	LES MILLS GRIT PLYO 13.00 - 13.30 Leanne Pavilion	LES MILLS GRIT CARDIO 17:30 – 18:00 Sophia Pavilion Studio	Spin 17:30 – 18:30 Alex Spin Studio
Tuesday	Yoga 7:30 – 8:30 Elfed Studio	LES MILLS GRIT CARDIO 7.00-7.30 Sophia Pavilion	LES MILLS GRIT STRENGTH 7.30-8.00 Sophia Pavilion	Fitness Pilates 12:30 – 13:15 Mandy Studio		Kettlecise 17:30 – 18:30 Leanne B Pavilion	Yoga 18.00 - 19.00 Jackie Studio
Wednesday	TITAN CONDITIONING 6:30 – 7:30 The Shed	LES MILLS CXWORX 30' 7.30-8.00 Sian Pavilion	Pilates 10.30-11.15 Elfed Studio	Fitness Yoga 12:30 – 13:15 Mandy Studio	LES MILLS BODYPUMP 30' 13.15-13.45 Sophia Pavilion	Indoor Cycling 17:30 – 18.30 Will Spin Studio	TITAN CONDITIONING 18:30 – 19:30 The Shed
Thursday	LES MILLS GRIT CARDIO 7.30-8.00 Leanne Pavilion	Parent/Baby Yoga 11.00-12.00 Elfed Studio		Yoga 12:30 – 13:15 Elfed Studio		Circuits 17:30 – 18:20 Dan Pavilion	Spin 17.30-18.30 Steve Spin Studio
Friday	LES MILLS GRIT PLYO 7.30-8.00 Leanne Pavilion	LES MILLS GRIT STRENGTH 8.00-8.30 Leanne Pavilion	Pilates 12.30-13.15 Colette Studio	LES MILLS CXWORX 30' 13.00-13.30 Sian Pavilion	Zumba 17.30-18.30 Steve Pavilion Studio	TITAN CONDITIONING 18:00-19:00 The Shed	
Saturday	TITAN CONDITIONING 8:30 – 9:30 The Shed	LES MILLS BODYPUMP 9.15-10.15 Leanne Pavilion					
Sunday	LES MILLS GRIT PLYO 9.00-9.30 Leanne Pavilion	LES MILLS GRIT STRENGTH 9.30-10.00 Leanne Pavilion					

Please note classes are subject to change based on demand

To book please visit reception, email sportsbookings@swansea.ac.uk, or call 01792 543555



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www.swansea.ac.uk/sport

AMSERLEN DOSBARTHADAU FFITRWYDD PENTREF CHWARAEON



Chwaraeon Abertawe
Prifysgol Abertawe

AMSERLEN TYMOR YR GAELF

	Bore		Amser Cinio		Gydar'r Nos		
Dydd Llun	TITAN CONDITIONING 6:30 – 7:30 Y Ganolfan Cryfder A Chyflyru		LES MILLS GRIT STRENGTH 12.30 – 13.00 Leanne Pafiliwn	LES MILLS GRIT PLYO 13.00 - 13.30 Leanne Pafiliwn	LES MILLS GRIT CARDIO 17:30 – 18:00 Sophia Stiwdio Pafiliwn	Spinio 17:30 – 18:30 Alex Stiwdio Spinio	
Dydd Mawrth	Yoga 7:30 – 8:30 Elfed Stiwdio	LES MILLS GRIT CARDIO 7.00-7.30 Sophia Pafiliwn	LES MILLS GRIT STRENGTH 7.30-8.00 Sophia Pafiliwn	Pilates Ffitrwydd 12:30 – 13:15 Mandy Stiwdio		Kettlecise 17:30 – 18:30 Leanne B Pafiliwn	Yoga 18.00 - 19.00 Jackie Stiwdio
Dydd Mercher	TITAN CONDITIONING 6:30 – 7:30 Y Ganolfan Cryfder A Chyflyru	LES MILLS CXWORX 7.30-8.00 Sian Pafiliwn	Pilates 10.30-11.15 Elfed Stiwdio	Yoga Ffitrwydd 12:30 – 13:15 Mandy Stiwdio	LES MILLS BODYPUMP 13.15-13.45 Sophia Pafiliwn	Seiclo Dan Do 17:30 – 18:30 Will Stiwdio Spinio	TITAN CONDITIONING 18:30 – 19:30 Y Ganolfan Cryfder A Chyflyru
Dydd Lau	LES MILLS GRIT CARDIO 7.30-8.00 Lenne Pafiliwn	Yoga Rhiant/ Baban 11.00-12.00 Elfed Stiwdio		Yoga 12:30 – 13:15 Elfed Stiwdio		Hyfforddiant Cychol 17:30 – 18:30 Dan Pafiliwn	Spinio 17.30-18.30 Steve Stiwdio Spinio
Dydd Gwener	LES MILLS GRIT PLYO 7.30-8.00 Leanne Pafiliwn	LES MILLS GRIT STRENGTH 8.00-8.30 Leanne Pafiliwn	Pilates 12.30-13.15 Colette Stiwdio	LES MILLS CXWORX 13.00-13.30 Sian Pafiliwn	Zumba 17.30-18.30 Steve Stiwdio Pafiliwn	TITAN CONDITIONING 18:00-19:00 Y Ganolfan Cryfder A Chyflyru	
Dydd Sadwrn	TITAN CONDITIONING 8:30 – 9:30 Y Ganolfan Cryfder A Chyflyru	LES MILLS BODYPUMP 9.15-10.15 Leanne Pafiliwn					
Sunday	LES MILLS GRIT PLYO 9.00-9.30 Leanne Pafiliwn	LES MILLS GRIT STRENGTH 9.30-10.00 Leanne Pafiliwn					

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I archebu, ewch i'r dderbynfâ, ebostiwh sportsbookings@swansea.ac.uk neu ffoniwch 01792 5435555



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