

AMSERLEN DOSBARTHADAU FFITRWYDD | FITNESS CLASS TIMETABLE

CANOLFAN CHWARAEON Y BAE | BAY SPORTS CENTRE



IECHYD A
FFITRWYDD | HEALTH
Prifysgol Abertawe | & FITNESS
Swansea University

TYMOR YR HAF | SUMMER TERM (MEHEFIN - MEDI | JUNE - SEPTEMBER)

	Ymestyn Amser Cinio Lunch Strength	Cardio Amser Cino Lunch Cardio	Enaid Amser Cino Lunch Soul
Dydd Llun Monday	Evolve Strength 30 12.15-12.45 Staff Campfa Gym Staff	Evolve Drive 30 12.45-13.15 Staff Campfa Gym Staff	
Dydd Mawrth Tuesday	Evolve Unlimited 45 Evolve Unlimited 45 12.15-13.00 Staff Campfa Gym Staff		loga 45 Yoga 45 13.10 - 13.55 Charlie
Dydd Mercher Wednesday	Evolve Form 30 12.15 - 12.45 Staff Campfa Gym Staff	Evolve Blast 30 + 12.45-13.15 Staff Campfa Gym Staff Evolve Blas 30 +	
Dydd Lau Thursday	Evolve Unlimited 45 Evolve Unlimited 45 12.15-13.00 Staff Campfa Gym Staff		
Dydd Gwener Friday	Evolve Strength 30 12.15-12.45 Staff Campfa Gym Staff	Evolve Drive 30 12.45-13.15 Staff Campfa Gym Staff	

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