



IECHYD A
FFITRWYDD
Prifysgol Abertawe Swansea University

GROUP FITNESS CLASS TIMETABLE

BAY SPORTS CENTRE - SWANSEA UNIVERSITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start between 7:00 & 8:30 Self-serve	Evolve Strength Self-serve	Evolve Unlimited Self-serve	Evolve Form Self-serve	Evolve Unlimited Self-serve	Evolve Strength Self-serve		
12:15	Evolve Strength Gym Staff	Evolve Unlimited Gym Staff	Evolve Form Gym Staff	Evolve Unlimited Gym Staff	Evolve Strength Gym Staff		
12:45	Evolve Drive Gym Staff		Evolve Blast Gym Staff		Evolve Drive Gym Staff		
13:10	Fitsteps Gym Staff	Yoga Charlie		Yoga Ymke			
17:30	Evolve Unlimited Gym Staff	Fitsteps Gym Staff	Evolve Drive Gym Staff	Evolve Blast Gym Staff	Evolve Drive Gym Staff		
18:30	Evolve Form Gym Staff	Evolve Blast Gym Staff		Yoga Ymke			

Please note, classes are subject to change based on demand. To book, please visit reception or email baysportscentre@swansea.ac.uk or call 01792 543577



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AMSERLEN DOSBARTHIAU FFITRWYDD GRWP

CANOLFAN CHWARAEON Y BAE - PRIFYSGOL ABERTAWE

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn	Dydd Sul
7:00 - 8:30 Hunanwasanaeth	Evolve Strength Hunanwasanaeth	Evolve Unlimited Hunanwasanaeth	Evolve Form Hunanwasanaeth	Evolve Unlimited Hunanwasanaeth	Evolve Strength Hunanwasanaeth		
12:15	Evolve Strength Staff Campfa	Evolve Unlimited Staff Campfa	Evolve Form Staff Campfa	Evolve Unlimited Staff Campfa	Evolve Strength Staff Campfa		
12:45	Evolve Drive Staff Campfa		Evolve Blast Staff Campfa		Evolve Drive Staff Campfa		
13:10	Fitsteps Staff Campfa	Yoga Charlie		Yoga Ymke			
17:30	Evolve Unlimited Staff Campfa	Fitsteps Staff Campfa	Evolve Drive Staff Campfa	Evolve Blast Staff Campfa	Evolve Drive Staff Campfa		
18:30	Evolve Form Staff Campfa	Evolve Blast Staff Campfa		Yoga Ymke			

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