

dechrau lles

AMSERLEN DOSBARTHIADAU

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Clwb Rhyl	Nofio Lledau 8-9pm Nofio Hyd 9-10pm		Cylchedau Sedd 10-11am		
Clwb Nova	Cylchedau Hawdd 1:00-2:00pm Aerobeg Dŵr 7:30-8:30pm	Cylchedau Ysgafn 12:00-12:45pm	Cylchedau Hawdd 11:15-12:15pm Aqua Aerobics 12:00-13:00pm Gentle Circuits 2:30-3:15pm		Cylchedau Ysgafn 9:00-9:45am
Clwb Dinbych	Cylchedau Ysgafn 1:00-2:00pm		Cylchedau Ysgafn 1:00-2:00pm		Aerobeg Dŵr 60* 8:15- 9:00am Cylchedau Ysgafn 9:15 - 10:15am
Clwb Rhuthun			Ioga i ddechreuwyd 6:00-7:00pm Aerobeg Dŵr 7:30-8:15pm Swim Fit Lengths 8:30-9:15pm		
Canolfan Hamdden Huw Jones Corwen		Aerobeg Dŵr 8:45-09:30am Aerobeg Dŵr 9:30-10:15am Cylchedau Ysgafn 1:30-2:15pm			

