

Rhaglenni Dosbarthiadau Ffitrwydd Fitness Class Programmes



O 17 Medi 2020
From 17 September 2020

Correct at time of printing, classes are subject to change and review.
Cywir ar adeg argraffu, mae dosbarthiadau yn destun newid ac adolygu.

30 Minute Classes are £3.50 (non member £4.50).

Mae dosbarthiadau 30 munud o hyd yn £3.50 (i rai nad ydynt yn aelodau £4.50).

- Classes suitable for beginners or anyone new to exercise.
Gwyrdd - dosbarthiadau addas i ddechreuwy'r neu i unrhyw un sydd heb cymryd rhan mewn ymarfer corff o'r blaen.
- Classes are suitable for an intermediate level of fitness and ability.
Oren - dosbarthiadau addas i'r rhai sydd a gallu a ffitrwydd canolog.
- Classes will be at an advanced skill and fitness level.
Coch - dosbarthiadau i'r rhai sydd a gallu corfforol a ffitrwydd uwch.
- ♥ Please note some of these classes are suitable for very low and supported level customers so look out for the heart symbol. Bydd rhai o'r dosbarthiadau yn addas i gwsmeriaid heb fawr o allu corfforol a chwsmeriaid a gynorthwyr felly cadwch lygad am symbol y galon.

** Seasonal Classes - please check with centre

** Dosbarthiadau Tymhorol - gwiriwch gyda'r Ganolfan

*** Subject to change in school holidays

*** Gall newid yn ystod gwyliau'r ysgol



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Mold Leisure Centre - Fitness Classes

Canolfan Hamdden Yr Wyddgrug - Dosbarthiadau Ffitrwydd

	Time/Amser	Classes	Dosbarth	Level/Lefel
Mon / Llun	07.15-08.00	Studio Cycling	Beicio Dan Do	● ● ●
	18.00-18.45	Studio Cycling	Beicio Dan Do	● ●
	19.15-20.00	Static Circuit Training	Hyfforddiant Cylched Statig	● ●
Tue / Mawrth	18.00-18.45	Studio Cycling	Beicio Dan Do	● ●
	19.15-20.00	HIIT	Ffitrwydd	● ● ●
Wed / Mercher	18.00-18.45	Kettlebells	Pwysau Tegell	● ●
	19.15-20.00	Studio Cycling	Beicio Dan Do	● ● ●
Thur / Iau	18.00-18.45	Studio Cycling	Beicio Dan Do	● ●
	19.15-20.00	Static Circuit Training	Hyfforddiant Cylched Statig	● ●
Fri / Gwener	18.00-18.45	Studio Cycling	Beicio Dan Do	● ● ●
Sat / Sadwrn	09.00-09.45	HIIT	Ffitrwydd	● ● ●
	10.15-11.00	Studio Cycling	Beicio Dan Do	● ● ●
Sun / Sul	09.30-10.15	Studio Cycling	Beicio Dan Do	● ●
	10.30-11.15			

Jade Jones Pavilion Flint - Fitness Classes

Pafiliwn Jade Jones y Fflint - Dosbarthiadau Ffitrwydd

	Time/Amser	Classes	Dosbarth	Level/Lefel
Mon / Lluon	09.30-10.15	Studio Cycling	Beicio Dan Do	● ● ●
	18.15-19.00	Studio Cycling	Beicio Dan Do	● ● ●
	19.30-20.15	HIIWT	Ffitrwydd	● ●
Tue / Mawrth	09.30-10.15	Kettlecise	Kettlecise	● ● ●
	11.00-12.00	Wellbeing Workout	Sesiwn Ymarfer Lles	●
	18.15-19.00	Studio Cycling	Beicio Dan Do	● ● ●
	19.30-20.15	Kettlebells	Pwysau Tegell	● ●
Wed / Mercher	07.15-08.00	Studio Cycling	Beicio Dan Do	● ● ●
	09.30-10.00	AI's Abs	AI's Cyhyrau'r Stumog	● ●
	10.30-12.00	Yoga	Ioga	●
	18.15-19.00	Studio Cycling	Beicio Dan Do	● ● ●
	19.30-20.15	Kettlecise	Kettlecise	● ● ●

	Time/Amser	Classes	Dosbarth	Level/Lefel
Thur / Iau	09.30-10.30	Pilates	Pilates	♥ ● ●
	11.00-12.00	Wellbeing Workout	Sesiwn Ymarfer Lles	●
	18.15-19.00	Studio Cycling	Beicio Dan Do	● ● ● ●
	19.30-20.15	HIIT	Ffitrwydd	● ● ●
Fri / Gwener	09.30-10.15	Kettlercise	Kettlercise	● ● ● ●
	11.00-12.00	Back Care***	Gofal Cefn***	♥ ●
	18.15-19.00	Studio Cycling	Beicio Dan Do	● ● ● ●
	19.30-20.30	Yoga	loga	●
Sat / Sadwrn	08.00-08.45	Studio Cycling	Beicio Dan Do	● ● ● ●
	10.00-10.45	Kettlebells	Pwysau Tegell	● ● ●
Sun / Sul	10.00-10.45	Studio Cycling	Beicio Dan Do	● ● ● ●

Online Fitness Classes Dosbarthiadau Ffitrwydd Ar-lein

	Time/Amser	Classes	Dosbarth	Level/Lefel
Mon / Lluon	10.00-10.40	Wellbeing Workout	Sesiwn Ymarfer Lles	♥ ●
	11.00-12.00	Tai Chi	Tai Chi	♥ ●
Tue / Mawrth	09.15-10.15	Pilates	Pilates	●
	14.00-15.00	Tai Chi	Tai Chi	♥ ●
	16.30-17.30	Back Care	Gofal Cefn	♥ ●
Wed / Mercher	11.30-12.10	NERS Circuits	NERS Ymarfer Cylchol	♥ ●
	18.30-19.30	Pilates	Pilates	♥ ● ●
Thur / Iau	10.00-10.40	Wellbeing Circuit	Dosbarth Cylched Lles	♥ ●
Fri / Gwener	11.30-12.10	NERS Circuits	NERS Ymarfer Cylchol	♥ ●

Flint High School Fitness Classes Dosbarthiadau Ffitrwydd Ysgol Uwchradd Y Fflint

	Time/Amser	Classes	Dosbarth	Level/Lefel
Tue / Mawrth	18.15-19.00	Zumba	Zumba	● ● ●
Tue / Mawrth	19.15-20.00	HIIT	HIIT	● ● ●

Buckley Leisure Centre - Fitness Classes Canolfan Hamdden Bwcle - Dosbarthiadau Ffitrwydd

	Time/Amser	Classes	Dosbarth	Level/Lefel
Mon / Llun				
	17.45-18.30	Studio Cycling	Beicio Dan Do	● ● ●
	19.00-19.45	Studio Cycling	Beicio Dan Do	● ● ●
Tue / Mawrth	09.30-10.15	Rebounder	Rebounder	● ● ●
	18.00-18.45	Total Tone	Tynhau'r Corff Cyfan	● ● ●
	19.15-20.15	Pilates	Pilates	♥ ● ●
Wed / Mercher	09.30-10.15	Step and Tone	Cam a Thôn	♥ ● ●
	18.00-18.45	Studio Cycling	Beicio Dan Do	● ● ●
	19.00-19.45	Studio Cycling	Beicio Dan Do	● ● ●
Thur / Iau	09.30-11.00	Yoga	Ioga	♥ ●
	18.00-18.45	Metafit	Ffitrwydd Metabolig	♥ ● ●
	19.15-20.00	Kettlebells	Pwysau Tegell	● ● ●
Fri / Gwener	07.00-07.45	Studio Cycling	Beicio Dan Do	● ● ●
	11.15-12.15	Pilates	Pilates	♥ ● ●
	17.45-18.30	Studio Cycling	Beicio Dan Do	● ● ●

Contact the Fitness Suites direct / Cysylltwch â'r Ystafelloedd Ffitrwydd yn uniongyrchol

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01352 704290

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