

Regional Pool & Tennis Centre | Canolfan Tennis a Nofio Ranbarthol

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
9:30 – 10:15am Easy Movers	2:05 – 2:50pm Aqua	9:30 – 10:15am Easy Movers	2:05 – 2:50pm Aqua	9:30 – 10:15am Meno Strength	8 – 8:45am Cardio Tennis	
12:30 – 1:15pm Meno Yoga	5:15 – 6pm Meno Pilates	1 – 1:45pm Stepping Stones Aqua		6:30 – 7:10pm FloatFit		
2:05 – 2:50pm Aqua	6 – 6:45pm Cardio Tennis	1:10 – 1:50pm FloatFit		7:20 – 8pm Aqua		
5:15 – 6pm Meno Strength		2:05 – 2:50pm Aqua				
5:30 – 6:15pm Boot Camp		6:30 – 7:15pm Meno Strength				
6:30 – 7:15pm HIIT						

Station | Gorsaf

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
6:15 – 7am Boot Camp	9:30 – 10:15am Soulsa	6:15 – 7am Indoor Cycling	6:15 – 7am Boot Camp	6:15 – 7am Indoor Cycling	9:30 – 10:15am Kettlebells	10 – 10:45am Body Sculpt
7 – 7:45am Box Fit	10:15 – 11am Cardio Combat	9:30 – 10am HIIT	9:30 – 10:15am Legs, Bums and Tums	9:30 – 10:15am Cardio Sculpt	10:30 – 11:15am Box Fit	11 – 11:45am Indoor Cycling
9:30 – 10:15am Body Sculpt	1:30 – 2:15pm Mature Movers	9:30 – 10:15am Step	5:30 – 6:15pm Indoor Cycling	10:30 – 11:15am Easy Movers		
2:30 – 3:15pm Chair Pilates	5:30 – 6:15pm Body Sculpt	10:30 – 11:15am Indoor Cycling	6:30 – 7:15pm Box Fit	5:30 – 6:15pm Beatz		
5:30 – 6:15pm Indoor Cycling	6:30 – 7:15pm Legs, Bums and Tums	11:30 – 12:15pm Easy Movers	7:30 – 8:15pm Kettlebells			
6:30 – 7:15pm Kettlebells		5:30 – 6:15pm Legs, Bums and Tums				
7:30 – 8:15pm Pilates Intervals		6:30 – 7:15pm Body Sculpt				
		7:30 – 8:15pm Boot Camp				

Active Living Centre | Canolfan Byw'n Actif

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn
5:30 – 6:15pm Body Conditioning	5:30 – 6:15pm Body Sculpt	5:30 – 6:15pm Body Blast	5:30 – 6:15pm Legs, Bums and Tums	5:30 – 6:15pm Kettlebells	
6:30 – 7:15pm Kettlebells	6:15 – 7pm Strong Nation	6:30 – 7:15pm Box Fit	6:30 – 7:15pm Pilates	6:15 – 7pm HIIT	
7:30 – 8:15pm Zumba					

The Riverfront Theatre & Arts Centre | Theatr a Chanolfan Gelfyddydau Glan yr Afon

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn
9:30 – 10:15am Fitness Fusion	6:30 – 7:15pm Pound	9:30 – 10:15am Fit Steps Fab	11:30 – 12:15pm Yoga	11:30 – 12:15pm Pilates	10:30 – 11:15am Pilates
10:30 – 11:15am Zumba	7:30 – 8:15pm Soulsa	12:30 – 1:15pm Tai Chi	5:30 – 6:15pm Zumba		
11:30 – 12:15pm Pilates			6:30 – 7:15pm Aerobic Allsorts		
5:30 – 6:15pm Zumba			7:30 – 8:15pm Pilates		
6:15 – 7pm Yoga					

Geraint Thomas National Velodrome of Wales | Felodrom Cenedlaethol Cymru Geraint Thomas

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
9:30 – 10:15am Indoor Group Cycling	7 – 7:45am Indoor Group Cycling	7 – 7:45am Kettlebells	6:15 – 7am Indoor Group Cycling	9:30 – 10:15am Body Sculpt	9:30 – 10:15am Indoor Group Cycling	8:30 – 9:15am Indoor Group Cycling
10:30 – 11:15am Body Sculpt	9:30 – 10:15am Kettlebells	9:30 – 10:15am Pound	9:30 – 10:15am Circuits	10:30 – 11:15am Boot Camp	9:30 – 10:15am Zumba	9:30 – 10:15am Body Blast
11:30 – 12:15pm Yoga	10:30 – 11:15am Body Sculpt	10:30 – 11:15am Fusion	10:30 – 11:15am Indoor Group Cycling	11:30 – 12:15pm Pilates	10:30 – 11:15am Fit Steps	10:30 – 11:15am Zumba
5:30 – 6:15pm Indoor Group Cycling	11:30 – 12:15pm Yoga	11:30 – 12:30pm Walking Football	10:30 – 11:15am Fit Steps	12 – 12:45pm Indoor Group Cycling		5:30 – 6:15pm Body Sculpt
5:30 – 6:15pm Kettlebells	5:30 – 6:15pm Indoor Group Cycling	11:30 – 12:15pm Legs, Bums and Tums	11:30 – 12:15pm Pilates	12:30 – 1:30pm Walking Rugby		
6:30 – 7:15pm Indoor Group Cycling	5:30 – 6:15pm Body Sculpt	5:30 – 6:15pm Boot Camp	5:30 – 6:15pm Indoor Group Cycling	6:30 – 7:15pm Body Sculpt		
6:15 – 7pm Legs, Bums and Tums	6 – 7pm Walking Netball	5:30 – 6:15pm Indoor Group Cycling	6:30 – 7:15pm Kettlebells			
7 – 7:45pm Pilates	6:30 – 7:15pm Indoor Group Cycling	6:30 – 7:15pm HIIT				
	6:30 – 7:15pm Pound	7:30 – 8:15pm Pilates				
	7:30 – 8:15pm Twilight Yoga					