

ymarfer corff mewn gr_p/ group exercise programme

Gwyn Evans Leisure & Activity Centre

Accurate as of 18/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
15:00 - 16:00	Erobeg yn y D_r / Aqua Aerobics	Pwll Dan Do/ Indoor Pool (25.0m)	
18:15 - 19:00	Cylched Cyfarpar Ffitrwydd Rhwydd / Easyline Gym Circuits	Stiwdio/ Studio	
19:00 - 19:30	Metafit / Metafit	Stiwdio/ Studio	
19:30 - 20:00	Les Mills Core / Les Mills Core	Stiwdio/ Studio	