

rhaglen dosbarth ymarfer corff

Brecon Leisure Centre

Accurate as of 21/05/2024

Times for Monday 15 April



Time	Session	Facility	Level
6:30 am - 7:30 am	Dosbarth Bootcamp	prif neuadd	
9:30 am - 10:30 am	Coesau, Penolau a Boliau / Legs, Bums and Tums	stiwidio 2	
10:45 am - 11:45 am	Dosbarth AAA	stiwidio 1	
11:00 am - 12:00 pm	Ymestyn y Corff Cyfan	stiwidio 2	
5:30 pm - 6:30 pm	loga	stiwidio 2	
6:00 pm - 7:00 pm	Seiclo dan do	stiwidio 2	
6:15 pm - 7:15 pm	Dosbarth BoxFit	stiwidio 1	
6:30 pm - 7:15 pm	Erobeg yn y D_r	y pwll mawr	
6:45 pm - 7:45 pm	loga	stiwidio 2	
7:15 pm - 8:15 pm	WOD	stiwidio 1	