



AMSERLEN
FFITRWDYDD
FITNESS
TIMETABLE

05/2021

FFIT⁺
CONWY


CONWY
CYNGOR BWRDEISTREF SIROL
COUNTY BOROUGH COUNCIL

Dydd Llun Monday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:00	LesMills Grit	Junction
06:30	07:15	Beicio Stiwdio Indoor Cycling	Colwyn
07:15	07:45	LesMills Grit	Junction
08:15	09:00	Erogeg Dwr Aqua Aerobics	Abergele
08:30	09:30	Pilates	Junction
09:30	10:30	Cyflyru'r Corff Body Conditioning	Colwyn
11:15	12:00	Fitrwyd Zumba Zumba Fitness	Colwyn
11:15	12:15	Cyflyru'r Corff (Aur) Body Conditioning (Gold)	Colwyn
11:30	12:30	Pilates	Junction
12:15	12:45	LesMills Grit	Junction
13:15	14:00	Chairaerobics	Junction
17:00	17:45	Beicio Stiwdio Indoor Cycling	Abergele
17:15	18:00	Beicio Stiwdio Indoor Cycling	Colwyn
17:15	17:45	Adfer Abs Abs Blast	John Bright
17:30	18:15	Beicio Stiwdio Indoor Cycling	Dyffryn
17:30	18:15	Beicio Stiwdio Indoor Cycling	Junction
17:55	18:40	Cyflyru'r Corff Body Conditioning	John Bright
18:00	18:45	Ffitrwyd Zumba Zumba Fitness	John Bright
18:00	19:00	Pilates	Abergele
18:15	19:00	Effaith Metabolig Metabolic Effect	Eirias
18:15	19:15	Cerdded Nordig Nordic Walking	Llandudno
18:30	19:30	Cyflyru'r Corff Body Conditioning	Dyffryn
19:00	19:45	Erogeg Dwr Aqua Aerobics	Abergele
19:00	20:00	Ioga Yoga	Colwyn
19:15	19:45	LesMills Grit	Abergele
19:30	20:30	Pilates	Junction

Dydd Mawrth Tuesday			
O From	i To	Dosbarth Class	Hamdden Centre
06:15	07:00	Beicio Stiwdio Indoor Cycling	Junction
06:30	07:30	LesMills BodyPump	Colwyn
06:45	07:30	LesMills BodyPump	Abergele
07:15	08:00	Beicio Stiwdio Indoor Cycling	Junction
08:00	08:45	Pilates	Abergele
09:30	10:30	Pilates	Colwyn
12:30	13:15	Pilates	Junction
12:45	13:30	Erogeg Dwr Aqua Aerobics	Llandudno
13:30	14:15	Pilates	Junction
14:00	15:00	Cerdded Nordig Nordic Walking	Junction
17:00	17:45	Beicio Stiwdio Indoor Cycling	Abergele
17:15	18:00	Beicio Stiwdio Indoor Cycling	Junction
17:30	18:15	Beicio Stiwdio Indoor Cycling	Dyffryn
17:45	18:30	Effaith Metabolig Metabolic Effect	John Bright
18:00	19:00	LesMills BodyPump	Colwyn
18:00	18:45	LesMills BodyPump	Abergele
18:00	19:00	Ioga (Dru) Yoga (Dru)	John Bright
18:00	18:30	LesMills Grit	Junction
18:00	18:45	Beicio Stiwdio Indoor Cycling (OUTDOOR)	Eirias
18:30	19:00	Adfer Abs Abs Blast	Dyffryn
18:35	19:05	LesMills Grit	Junction
19:15	20:15	Pilates	John Bright
19:15	20:15	Cryfder a Chyflyru'r Corff Strength & Conditioning	Dyffryn
19:15	20:00	Cyflyru'r Corff Body Conditioning	Abergele
20:00	21:00	Aerobeg Uchel-isel High-Low Aerobics	Colwyn
20:00	21:00	Nofio Ffit Swim Fit	Abergele

Dydd Mercher Wednesday			
O From	i To	Dosbarth Class	Hamdden Centre
06:15	07:00	H.I.I.T	Hwb
06:30	07:15	Beicio Stiwdio Indoor Cycling	Colwyn
06:30	07:15	Beicio Stiwdio Indoor Cycling	Abergele
09:30	10:30	Cyflyru'r Corff Body Conditioning	Colwyn
09:30	10:30	Pilates	Colwyn
09:30	10:15	Cyflyru'r Corff (Aur) Body Conditioning (Gold)	Junction
11:15	12:15	Cyflyru'r Corff (Aur) Body Conditioning (Gold)	Colwyn
11:15	12:00	Fitrwyd Zumba Zumba Fitness	Colwyn
12:00	12:45	Erobeg Dwr Aqua Aerobics	Abergele
12:15	12:45	Cyflyru gyda Phwysau Tegell Kettle bells Conditioning	Junction
13:00	13:45	Ioga (Pŵer) Yoga (Power)	Junction
14:00	14:45	Ioga (Pŵer) Yoga (Power)	Junction
16:30	17:30	Ioga (Pŵer) Yoga (Power)	Dyffryn
17:15	18:00	Beicio Stiwdio Indoor Cycling	Abergele
17:30	18:15	Beicio Stiwdio Indoor Cycling	Colwyn
18:00	19:00	LesMills BodyPump	Abergele
18:00	18:45	Cam Sumba Zumba Step	John Bright
18:00	18:30	LesMills Grit	Junction
18:00	19:00	LesMills BodyPump	Colwyn
18:00	18:45	Cyflyru LBT LBT Conditioning	Dyffryn
18:15	19:00	Beicio Stiwdio Indoor Cycling	Junction
18:35	19:05	LesMills Grit	Junction
19:00	20:00	Circuits	Dyffryn
19:00	20:00	Ioga Yoga	John Bright
19:30	20:15	H.I.I.T	Abergele
19:30	20:30	Ioga (Pŵer) Yoga (Power)	Colwyn
20:45	21:30	Nofio Ffit Swim Fit	Llandudno

Dydd Iau Thursday			
O From	i To	Dosbarth Class	Hamdden Centre
06:15	07:00	Beicio Stiwdio Indoor Cycling	Junction
06:30	07:30	LesMills BodyPump	Colwyn
06:30	07:15	FFIT STEP	Abergele
07:15	08:00	Beicio Stiwdio Indoor Cycling	Junction
08:00	08:45	Pilates	Abergele
08:15	09:00	Erobeg Dwr Aqua Aerobics	Abergele
12:45	13:30	Pilates	Junction
13:45	14:30	Pilates	Junction
14:00	14:45	TMW	Junction
17:30	18:00	Adfer Abs Abs Blast	Colwyn
17:30	18:15	Beicio Stiwdio Indoor Cycling	Dyffryn
17:45	18:30	Beicio Stiwdio Indoor Cycling	Junction
17:45	18:30	Effaith Metabolig Metabolic Effect	John Bright
18:00	19:00	LesMills BodyPump	Abergele
18:00	18:45	Dawns Arddull Rhydd Freestyle Dance	John Bright
18:00	18:30	LesMills Grit	Junction
18:00	19:00	LesMills BodyPump	Colwyn
18:15	19:00	Beicio Stiwdio Indoor Cycling (OUTDOOR)	Eirias
18:30	19:15	Cyflyru gyda Barbwysau Barbell Conditioning	Dyffryn
18:35	19:05	LesMills Grit	Junction
19:15	20:15	Pilates	John Bright
19:30	20:30	Cylchoed Circuits	Abergele
20:00	21:00	Aerobeg Uchel-isel High-Low Aerobics	Colwyn

Dydd Gwener Friday

O From	i To	Dosbarth Class	Hamdden Centre
06:15	07:00	H.I.I.T	Hwb
06:15	07:00	Cyflyru gyda Phwysau Tegell Kettle bells Conditioning	Junction
06:30	07:15	Beicio Stiwdio Indoor Cycling	Abergele
07:15	08:00	Cyflyru gyda Phwysau Tegell Kettle bells Conditioning	Junction
10:00	10:45	Ioga (Pŵer) Yoga (Power)	Junction
11:00	11:45	Ioga (Pŵer) Yoga (Power)	Junction
11:30	12:30	Dawns Arddull Rhydd (Aur) Freestyle Dance (Gold)	Colwyn
12:15	13:00	Erobeg Dwr Aqua Aerobics	Colwyn
12:15	12:45	LesMills Grit	Junction
13:30	14:30	Pilates	Colwyn
17:30	18:15	Beicio Stiwdio Indoor Cycling	Abergele
17:30	18:15	Beicio Stiwdio Indoor Cycling	Dyffryn
17:45	18:30	Beicio Stiwdio Indoor Cycling	Colwyn
18:00	18:45	Cyflyru'r Corff Body Conditioning	John Bright
18:00	18:45	H.I.I.T	Eirias
19:00	20:00	Ioga (Pŵer) Yoga (Power)	John Bright

Dydd Sadwrn Saturday

O From	i To	Dosbarth Class	Hamdden Centre
08:15	09:00	Beicio Stiwdio Indoor Cycling	Junction
08:30	09:00	LesMills Grit	Abergele
08:45	09:45	LesMills BodyPump	Colwyn
09:00	11:00	Cerdded Nordig Nordic Walking	Llandudno
09:15	10:00	Beicio Stiwdio Indoor Cycling	Junction
09:30	10:15	Beicio Stiwdio Indoor Cycling	Colwyn

Dydd Sul Sunday

O From	i To	Dosbarth Class	Hamdden Centre
08:15	09:00	Beicio Stiwdio Indoor Cycling	Junction
09:00	10:00	LesMills BodyPump	Colwyn
09:15	10:00	Beicio Stiwdio Indoor Cycling	Junction
10:00	10:45	Beicio Stiwdio Indoor Cycling	Abergele

Facility

Canolfan Centre	Rhif Number	ID
Canolfan Hamdden Abergele Leisure Centre	01492 577940	Abergele
Canolfan Hamdden Colwyn Leisure Centre	01492 577900	Colwyn
Canolfan Ddigiwyddiadau Eirias Events Centre	01492 577900	Eirias
Canolfan Hamdden Dyffryn Conwy Leisure Centre	01492 577938	Dyffryn
Pwll Nofio Llanrwst Swimming Pool	01492 577932	Llanrwst
Canolfan Hamdden John Bright Leisure Centre	01492 577930	John Bright
Canolfan Nofio Llandudno Swimming Centre	01492 575700	Llandudno
Canolfan Hamdden Cyffordd Llandudno Junction Leisure Centre	01492 577925	Junction
Canolfan Hamdden Ysgol Aberconwy Leisure Centre	01492 577929	Aber
Hwb Yr Hen Ysgol	01492 577111	Hwb

Telerau ac Amodau Terms & Conditions

Dewch i'ch dosbarth mewn pryd i wneud yn sicr eich bod yn cynhesu cyn dechrau ac yn cael eich cyflwyno i'r hyfforddwr. Unwaith bydd y dosbarth wedi dechrau, ni fydd yn bosibl mynd i mewn i'r ystafell.

Cyn dechrau unrhyw ddosbarth, dywedwch wrth eich hyfforddwr os oes gennych unrhyw anafiadau neu os ydych chi'n cymryd meddyginiaeth.

Peidiwch â gadael y dosbarth cyn gwneud ymarferion i ymlacio'r corff yn llwyr. Bydd pob ymdrech yn cael ei wneud i beidio newid amserlen y sesiynau ffitrwydd.

Please arrive on time for your class to ensure a safe warm up and an introduction to the instructor are completed. Once the class has started there will be no entry into the class.

Please inform your instructor of any injuries or medication before commencing any class.

Please do not leave the class before completing a thorough cool down. Every effort will be made to minimise alterations to the fitness timetable.