



LES MILLS  
**THE TRIP**

Dydd Llun Monday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:30	Les Mills Virtual BodyCombat	CLC
09:30	10:30	Les Mills Virtual BodyCombat	CLC
12:15	13:00	Les Mills Virtual BodyCombat	CLC
17:00	17:45	Les Mills Virtual BodyCombat	CLC

Dydd Gwener Friday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:15	Les Mills The Trip	CLC
12:15	12:45	Les Mills Virtual Sprint	CLC
15:00	15:45	Les Mills Virtual Sh'Bam	CLC
19:00	20:00	Les Mills Virtual BodyCombat	CLC

Dydd Mawrth Tuesday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:15	Les Mills The Trip	CLC
09:30	10:15	Les Mills Virtual Sh'Bam	CLC
12:15	12:45	Les Mills Virtual Sprint	CLC
13:30	14:30	Les Mills Virtual BodyCombat	CLC
15:00	16:00	Les Mills Virtual BodyCombat	CLC
17:30	18:15	Les Mills Virtual Sh'Bam	CLC

Dydd Sadwrn Saturday			
O From	i To	Dosbarth Class	Hamdden Centre
09:30	10:15	Les Mills Virtual Sh'Bam	CLC
11:00	12:00	Les Mills Virtual BodyCombat	CLC

Dydd Sul Sunday			
O From	i To	Dosbarth Class	Hamdden Centre
09:30	10:15	Les Mills The Trip	CLC
11:00	11:50	Les Mills Virtual RPM	CLC

Dydd Mercher Wednesday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:00	Les Mills Virtual Sprint	CLC
09:30	10:15	Les Mills The Trip	CLC
12:30	13:15	Les Mills Virtual BodyCombat	CLC
15:00	15:45	Les Mills Virtual Sh'Bam	CLC
18:00	19:00	Les Mills Virtual BodyCombat	CLC

Dydd Iau Thursday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:20	Les Mills Virtual RPM	CLC
09:30	10:15	Les Mills Virtual Sh'Bam	CLC
12:15	13:00	Les Mills The Trip	CLC
13:30	14:30	Les Mills Virtual BodyCombat	CLC
15:00	16:00	Les Mills Virtual BodyCombat	CLC

## 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 ddsbarth, 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.

## Creu cyfrif archebu ar-lein

### Mae modd creu cyfrif drwy:

- E-bostio eich cais i [leisure.admin@conwy.gov.uk](mailto:leisure.admin@conwy.gov.uk)
- Cysylltu â'ch canolfan hamdden o ddewis
- Cysylltu â'n tîm gweinyddol canolog ar 01492 575677

Ym mhob achos, bydd angen i chi roi eich manylion i ni a chyfeiriad e-bost dilys.

### I gadarnhau y bydd eich cyfrif yn barod, byddwch naill ai'n:

- Cael hysbysiad drwy e-bost (os gwnaethoch gais am eich cyfrif drwy anfon e-bost atom)
- Cael gwybod dros y ffôn (os gwnaethoch gais am eich cyfrif drwy gysylltu â'ch canolfan hamdden o ddewis neu'r tîm gweinyddol canolog)

### Unwaith y byddwch yn gwybod bod eich cyfrif yn fyw, ewch yn ôl ar y dudalen hon a:

- Darllenwch drwy'r telerau ac amodau isod.
- Ticiwch i ddweud eich bod yn derbyn y telerau ac amodau, a chliciwch ar 'Mynd i Archebion Hamdden'

Yna byddwch yn cael eich cyfeirio at dudalen fewngofnodi archebion ar-lein, lle dylech:

- Roi eich cyfeiriad e-bost a chlicio ar 'Wedi anghofio cyfrinair'
- Yn dilyn hyn cewch e-bost gyda manylion ynghylch sut i osod cyfrinair.

Unwaith y byddwch wedi derbyn y camau uchod, byddwch wedi sefydlu'ch cyfrif ac yn barod i wneud eich archeb ar-lein cyntaf! Os cewch chi unrhyw broblem, neu angen rhagor o gymorth, mae pob croeso i chi gysylltu â ni ar 01492 575677, neu anfonwch e-bost atom

### Sylwch os gwelwch yn dda:

- Mae'r system archebion ar-lein yn rhedeg ochr yn ochr â'r archebion yn Nerbynfeydd Canolfannau Hamdden. I gadw eich archeb, dylech gwblhau eich archeb ar-lein o fewn 20 munud
- Mae pob gweithgaredd sydd ar gael i'w harchebu ar-lein ar gyfer sesiynau sengl yn unig
- Er eich diogelwch chi, sicrhewch fod porwr y we a'r system weithredu ar eich dyfais neu gyfrifiadur yn gyfredol

## Create an online booking account for fitness sessions

### Creating an account can be done by:

- Emailing your request to [leisure.admin@conwy.gov.uk](mailto:leisure.admin@conwy.gov.uk)
- Contacting your preferred leisure centre
- Contacting our central admin team on 01492 575677

In all instances, you'll need to give us your details and a valid email address.

### To confirm your account is ready you will either:

- Receive notification via email (if you applied for your account by sending us an email)
- Be told over the phone (if you applied for your account by contacting either your preferred leisure centre or the central admin team)

### Once you know your account is live, please re-visit this page and:

- Read through the terms and conditions below.
- Tick to say you accept the terms and conditions, and click 'Go to Leisure Bookings'
- You will then be directed to the online bookings log-in page where you should:
  - Enter your email address and click Forgotten your password.
  - Following this you will receive an email with details on how to set a password of your choice.

Once you have followed the steps above, you will be set up and ready to make your first online booking!

Should you experience any issues, or you need further assistance please do not hesitate to contact us on 01492 575677 or send us an email .

### Please note:

- The online bookings system runs in parallel with bookings at Leisure Centre Receptions. To secure your booking, you are advised to complete your online booking within 20 minutes
- All activities that are available to book online are for single sessions only
- For your security, please make sure that the web browser and operating system for your device or PC is up to date