

Dosbarthiadau Ffit Rhwydd

Fit Together Classes

Hydref-Gaeaf Autumn-Winter 2026/27*

LLUN MONDAY

07:15-08:00 | Stiwdio 1
**PILATES BOREUOL |
MORNING PILATES**

09:15-10:00 | Stiwdio 2
SBIN | SPIN

11:15-12:00 | Y Pwll
**THERAPI DŴR |
AQUA-THERAPY**

12:15-13:00 | Stiwdio 1
HIIT

17:30-18:15 | Stiwdio 2
SBIN | SPIN

17:30-18:30 | Y Neuadd
**AWR BWER |
POWER HOUR**

17:30-18:30 | Stiwdio 1
**IOGA HATHA |
HATHA YOGA**

18:30-19:30 | Stiwdio 1
**YMESTYN A LLIF |
STRETCH AND FLOW**

GWENER FRIDAY

07:15-08:00 | Stiwdio 2
SBIN | SPIN

09:15-10:00 | Stiwdio 2
SBIN | SPIN

12:15-13:00 | Stiwdio 1
HIIT

13:15-14:00 | Stiwdio 1
AEROFFIT | AEROFIT

16:30-17:30 | Stiwdio 1
**IOGA PWER |
POWER YOGA**

17:30-19:00 | Stiwdio 1
**IOGA I BAWB |
YOGA FOR ALL**

MAWRTH TUESDAY

06:00-07:00 | Y Gromen-
Dome
HYROX

12:15-13:00 | Stiwdio 2
SBIN | SPIN

12:30-13:15 | Stapledon
**IOGA | YOGA
@GOGERDDAN**

12:30-13:00 | Stiwdio 2
**HANFODION PILATES |
PILATES BASICS**

13:15-14:00 | Stiwdio 1
PILATES

17:15-17:45 | Stiwdio 2
**HANFODION SBIN |
SPIN BASICS**

17:30-18:30 | Y Neuadd
**HYFFORDDI CYLCHOL |
CIRCUITS**

17:30-18:30 | Stiwdio 1
PILATES

18:00-19:00 | Stiwdio 2
SBIN | SPIN

18:30-19:30 | Stiwdio 1
NADDU | SCULPT

19:15-20:00 | Y Pwll
**NOFIO TREIATHLON |
TRI-SWIM**

SADWRN SATURDAY

08:30-09:30 | Stiwdio 2
SBIN | SPIN

10:30-11:30 | Stiwdio 1
PILATES

11:30-12:30 | Stiwdio 1
**FFITRWYDD Y CORFF |
BODYFIT**

MERCHER WEDNESDAY

07:15-08:00 | Stiwdio 2
SBIN | SPIN

09:15-10:00 | Stiwdio 2
SBIN | SPIN

10:15-11:00 | Stiwdio 1
**SYMUDEDD A
SYMUDIAD | MOBILITY
AND MOVEMENT**

12:15-13:00 | Stiwdio 2
SBIN | SPIN

12:15-13:00 | Stiwdio 1
**IOGA HATHA |
HATHA YOGA**

13:15-14:00 | Stiwdio 1
PILATES

17:30-18:30 | Y Neuadd
ZUMBA

17:30-18:30 | Stiwdio 1
**LLIF IOGA VINYASA |
VINYASA YOGA FLOW**

18:30-19:30 | Y Neuadd
CYFLYMDER | VELOCITY

18:45-19:30 | Stiwdio 1
**HANFODION IOGA |
YOGA BASICS**

SUL SUNDAY

08:00-09:00 | Y Gromen-
Dome
HYROX

09:00-09:45 | Stiwdio 2
SBIN | SPIN

11:00-12:00 | Stiwdio 1
**ZUMBA I FFYRFHAU |
ZUMBA TONING**

IAU THURSDAY

07:00 - 07:45 | Stiwdio 1
**IOGA HATHA BOREUOL
| MORNING HATHA
YOGA**

07:15-08:00 | Y Pwll
**NOFIO TREIATHLON |
TRI-SWIM**

12:15-13:15 | Stiwdio 2
SBIN | SPIN

12:15-13:00 | Stiwdio 1
PILATES

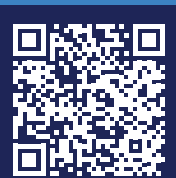
12:30-13:15 | William Davies
HIIT @GOGERDDAN

13:15-14:00 | Stiwdio 1
NADDU | SCULPT

17:30-18:30 | Y Neuadd
**AWR BWER |
POWER HOUR**

17:30-18:15 | Stiwdio 1
PILATES

20:00-21:00 | Y Gromen-
Dome
HYROX



Archebu Ar-Lein

Book online:

[aber.ac.uk/en/sportscentre/
fitness-classes](http://aber.ac.uk/en/sportscentre/fitness-classes)

