

Dosbarthiadau Ffit Rhwydd

Haf 2026 O 20/7/2026 i 20/9/2026

LLUN

07:15-08:00 | Ystafell Ddawns
PILATES

09:15-10:00 | Stwdio Sbin
SBIN

11:15-12:00 | Pwll Nofio
THERAPI DŴR

12:15-13:00 | Ystafell Ddawns
HITT

17:30-18:15 | Stwdio Sbin
SBIN

17:30-18:30 | Neuadd
Chwaraeon
AWR BWER

17:30-18:30 | Ystafell Ddawns
IOGA

18:30-19:30 | Ystafell Ddawns
YMESTYN A LLIF

MAWRTH

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

12:15-13:00 | Stwdio Sbin
SBIN

13:15-14:00 | Ystafell Ddawns
PILATES

17:30-18:30 | Neuadd
Chwaraeon

HYFFORDDI CYLCHOL

17:30-18:30 | Ystafell Ddawns
PILATES

18:00-19:00 | Stwdio Sbin
SBIN

19:00-20:00 | Ystafell Ddawns
FFITRWYDD BOCSIO

19:15-20:00 | Pwll Nofio
NOFIO TREIATHLON

MERCHER

07:15-08:00 | Stwdio Sbin
SBIN

09:15-10:00 | Stwdio Sbin
SBIN

12:15-13:00 | Stwdio Sbin
SBIN

12:15-13:00 | Ystafell Ddawns
IOGA

13:15-14:00 | Ystafell Ddawns
PILATES

17:30-18:30 | Neuadd Chwaraeon
ZUMBA

17:30-18:30 | Ystafell Ddawns
IOGA

18:30-19:30 | Neuadd Chwaraeon
CYFLYMDER

IAU

06:30 - 07:30 | Y Gromen
Chwaraeon

**FFITRWYDD
SWYDDOGAETHOL**

07:15-08:00 | Pwll Nofio
NOFIO TREIATHLON

12:15-13:15 | Stwdio Sbin
SBIN

12:15-13:00 | Ystafell Ddawns
PILATES

17:30-18:30 | Neuadd
Chwaraeon
AWR BWER

17:30-18:15 | Ystafell Ddawns
PILATES

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

GWENER

07:15-08:00 | Stwdio Sbin
SBIN

09:15-10:00 | Stwdio Sbin
SBIN

12:15-13:00 | Ystafell Ddawns
HIIT

13:15-14:00 | Ystafell Ddawns
**YMARFER CORFF A
PHWYSAU LLAW**

16:30-17:30 | Ystafell Ddawns
IOGA

SADWRN

08:30-09:30 | Stwdio Sbin
SBIN

10:30-11:30 | Ystafell Ddawns
PILATES

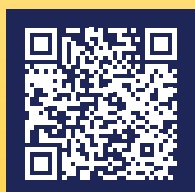
11:30-12:30 | Ystafell Ddawns
FFITRWYDD Y CORFF

SUL

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

09:00-09:45 | Stwdio Sbin
SBIN

11:00-12:00 | Ystafell Ddawns
ZUMBA I FFYRFHAU



Archebu Ar-lein:
aber.ac.uk/cy/sportscentre/fitness-classes



Dyma dy le
This is your space

Amseroedd Agor: Llun i Gwener: 06:00-21:30 Sadwrn i Sul: 08:00-16:30