

Amserlen Gweithgareddau YHMT

DYDD LLUN

Sbinio	6:45 - 7:30	Dwyster Uchel
Pilates	9:00 - 10:00	Dwyster Isel
Legs Bums and Tums	10:00 - 10:45	Dwyster Canolig
Cylched hawdd	11:00 - 12:00	Dwyster Isel
Functional Training	18:15 - 19:00	Dwyster Uchel
Girls Disco Spin	18:00 - 19:00	Dwyster Uchel
Aqua	18:00 - 19:00	Dwyster Canolig
Disco Spin	19:15 - 20:00	Dwyster Uchel

DYDD MAWARTH

Cardio Row	6:45 - 7:30	Dwyster Uchel
Functional Training	9:30 - 10:30	Dwyster Uchel
Aqua	10:00 - 11:00	Dwyster Canolig
Tai Chi	12:30 - 13:30	Dwyster Isel
Core Blast	12:30 - 13:00	Dwyster Canolig
Legs Bums and Tums	17:00 - 17:45	Dwyster Canolig
Bootcamp	18:00 - 19:00	Dwyster Uchel
Sigldigut	18:00 - 19:00	Dwyster Canolig
Body Pump*	19:00 - 20:00	Dwyster Uchel

DYDD MERCHER

Sbinio	6:45 - 7:30	Dwyster Uchel
Body Weight Blast	9:30 - 10:30	Dwyster Uchel
Zumba	10:00 - 11:00	Dwyster Canolig
Cylched hawdd	11:00 - 12:00	Dwyster Isel
Rave Spin	17:15 - 18:00	Dwyster Uchel
U - Rebound	18:15 - 19:00	Dwyster Uchel

DYDD IAU

HIIT	6:45 - 7:30	Dwyster Uchel
Legs Bums and Tums	10:00 - 10:45	Dwyster Canolig
Aqua	12:00 - 13:00	Dwyster Canolig
Functional Training	18:00 - 19:00	Dwyster Uchel
Sigldigut	18:00 - 19:00	Dwyster Canolig
Body Attack*	19:15 - 20:00	Dwyster Uchel

DYDD GWENER

Core Blast	7:15 - 7:45	Dwyster Canolig
Zumba	9:00 - 10:00	Dwyster Canolig
Core Ball	9:30 - 10:00	Dwyster Canolig
Cylched hawdd	11:00 - 12:00	Dwyster Isel
Aqua	11:00 - 12:00	Dwyster Canolig
Pwysau cardio	18:30 - 19:30	Dwyster Uchel

DYDD SUL

Body Pump*	10:00 - 11:00	Dwyster Uchel
Body Attack*	11:00 - 12:00	Dwyster Uchel

DECHREUWCH WNEUD ARBEDION ARIANNOL NAWR!

Petaech yn ymaelodi fel aelod llawn heddiw, gallech fod yn gwneud arbedion ariannol yn fisol. Nawr o £32.50 (*heb gynnwys dosbarthiadau Les Mills)

Os ydych dros 60 gallwch nofio, yn RHAD AC AM DDIM yn ein canolfannau yn Merthyr ac Aberfan. Cofrestrwch gyda ni heddiw!

Ffôn: (01685) 727476

Gwella bywydau trwy
Hamdden a Ddiwylliant
www.merthyrleisure.co.uk



Merthyr Tŷdfil Leisure



@MerthyrLeisure

Merthyr Tŷdfil
Leisure Trust



Ymddiriedolaeth Hamdden
Merthyr Tudful

MTLC Activity Timetable

MONDAY

Spin	6:45 - 7:30	High Intensity
Pilates	9:00 - 10:00	Low Intensity
Legs Bums and Tums	10:00 - 10:45	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Functional Training	18:15 - 19:00	High Intensity
Girls Disco Spin	18:00 - 19:00	High Intensity
Aqua	18:00 - 19:00	Medium Intensity
Disco Spin	19:15 - 20:00	High Intensity

TUESDAY

Cardio Row	6:45 - 7:30	High Intensity
Functional Training	9:30 - 10:30	High Intensity
Aqua	10:00 - 11:00	Medium Intensity
Tai Chi	12:30 - 13:30	Low Intensity
Core Blast	12:30 - 13:00	Medium Intensity
Legs Bums and Tums	17:00 - 17:45	Medium Intensity
Bootcamp	18:00 - 19:00	High Intensity
Booty - Shakers	18:00 - 19:00	Medium Intensity
Body Pump*	19:00 - 20:00	High Intensity

WEDNESDAY

Spin	6:45 - 7:30	High Intensity
Body Weight Blast	9:30 - 10:30	High Intensity
Zumba	10:00 - 11:00	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Rave Spin	17:15 - 18:00	High Intensity
U - Rebound	18:15 - 19:00	High Intensity

THURSDAY

HIIT	6:45 - 7:30	High Intensity
Legs Bums and Tums	10:00 - 10:45	Medium Intensity
Aqua	12:00 - 13:00	Medium Intensity
Functional Training	18:00 - 19:00	High Intensity
Booty-shakers	18:00 - 19:00	Medium Intensity
Body Attack*	19:15 - 20:00	High Intensity

FRIDAY

Core Blast	7:15 - 7:45	Medium Intensity
Zumba	9:00 - 10:00	Medium Intensity
Core Ball	9:30 - 10:00	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Aqua	11:00 - 12:00	Medium Intensity
Kardiobells	18:30 - 19:30	High Intensity

SUNDAY

Body Pump*	10:00 - 11:00	High Intensity
Body Attack*	11:00 - 12:00	High Intensity

START SAVING MONEY NOW!

Sign up for all our all inclusive membership package today and you could be saving every month. Now from just £32.50 (*Les Mills classes not included)

If you are aged 60 or over you can now swim at our Merthyr and Aberfan Centres completely FREE of charge - register with us today!

Tel: (01685) 727476

Enhancing Lives through
Leisure and Culture
www.merthyrleisure.co.uk



Merthyr Tŷdfil Leisure



@MerthyrLeisure

Merthyr Tŷdfil
Leisure Trust



Ymddiriedolaeth Hamdden
Merthyr Tudful