

AMSERLEN  
FFITRWYDD  
FITNESS  
TIMETABLE

**LesMILLS** RHITHIOL / VIRTUAL  
05/2021

**FFIT**<sup>+</sup>  
CONWY

  
CONWY  
CYNGOR BWRDEISTREF SIROL  
COUNTY BOROUGH COUNCIL

## Dydd Llun Monday

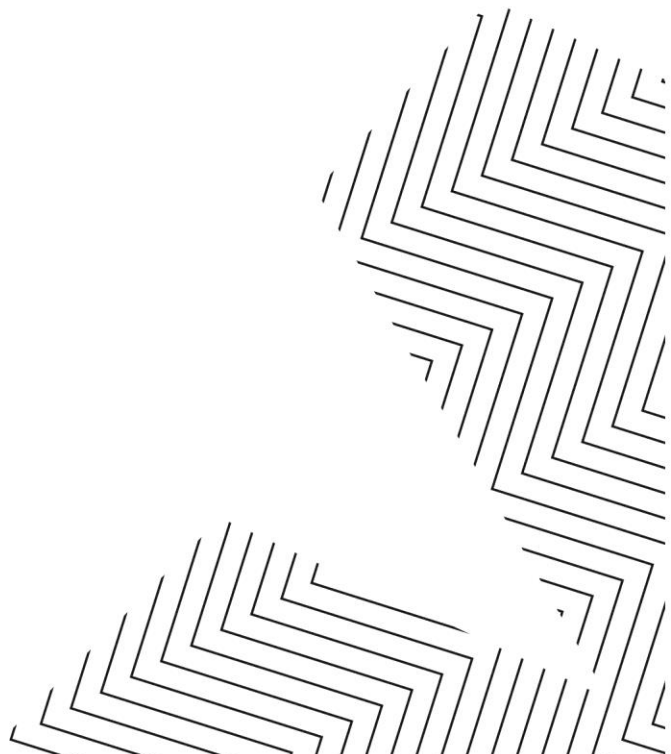
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:30	BODYCOMBAT	Colwyn
06:30	07:20	RPM	Abergele
08:00	08:30	SPRINT	Colwyn
08:00	08:30	SPRINT	Abergele
09:30	10:15	THE TRIP	Colwyn
09:30	10:30	BODYBALANCE	Abergele
11:00	12:00	BODYCOMBAT	Abergele
12:15	13:00	BODYCOMBAT	Colwyn
12:30	13:30	BODYBALANCE	Abergele
14:00	15:00	BODYBALANCE	Colwyn
14:00	14:45	BODYCOMBAT	Abergele
15:30	16:15	SH'BAM	Colwyn
15:30	16:15	SH'BAM	Abergele
17:00	17:30	SPRINT	Colwyn
17:00	17:45	BODYBALANCE	Abergele
18:15	19:00	BODYCOMBAT	Abergele
19:30	20:15	THE TRIP	Colwyn
19:30	20:20	RPM	Abergele

## Dydd Mawrth Tuesday

O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:15	THE TRIP	Colwyn
06:30	07:20	RPM	Abergele
08:00	08:30	SPRINT	Colwyn
09:30	10:30	BODYBALANCE	Colwyn
09:30	10:20	RPM	Abergele
11:00	11:45	SH'BAM	Abergele
12:15	12:45	SPRINT	Colwyn
12:30	13:00	SPRINT	Abergele
13:30	14:30	BODYCOMBAT	Colwyn
14:00	15:00	BODYBALANCE	Abergele
15:30	14:20	RPM	Colwyn
15:30	14:20	RPM	Abergele
17:00	17:45	SH'BAM	Abergele
18:00	18:50	RPM	Colwyn
18:15	19:00	SH'BAM	Abergele
19:30	20:15	THE TRIP	Colwyn
19:30	20:30	BODYCOMBAT	Abergele

Dydd Mercher Wednesday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:00	SPRINT	Colwyn
06:30	07:15	BODYCOMBAT	Abergele
08:00	08:30	SPRINT	Abergele
09:30	10:00	SPRINT	Abergele
11:00	12:00	BODYBALANCE	Abergele
12:30	13:30	BODYCOMBAT	Colwyn
12:30	13:00	SPRINT	Abergele
14:00	14:50	RPM	Abergele
15:30	16:15	SH'BAM	Colwyn
15:30	16:15	SH'BAM	Abergele
17:00	17:30	SPRINT	Colwyn
17:00	17:45	BODYCOMBAT	Abergele
18:15	19:05	RPM	Abergele
19:30	20:30	BODYCOMBAT	Colwyn
19:30	20:20	RPM	Abergele

Dydd Iau Thursday			
O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:20	RPM	Colwyn
06:30	07:00	SPRINT	Abergele
08:00	08:50	RPM	Colwyn
08:00	08:50	RPM	Abergele
09:30	10:15	SH'BAM	Colwyn
09:30	10:30	BODYCOMBAT	Abergele
11:00	11:30	SPRINT	Abergele
12:15	13:00	THE TRIP	Colwyn
12:30	13:20	RPM	Abergele
13:30	14:30	BODYCOMBAT	Colwyn
14:00	14:45	SH'BAM	Abergele
15:30	16:30	BODYCOMBAT	Colwyn
15:30	16:00	SPRINT	Abergele
17:00	17:50	RPM	Abergele
18:15	19:05	RPM	Abergele
18:30	19:20	RPM	Colwyn
20:00	20:30	SPRINT	Colwyn
19:30	20:30	BODYBALANCE	Abergele



## Dydd Gwener Friday

O From	i To	Dosbarth Class	Hamdden Centre
06:30	07:15	THE TRIP	Colwyn
06:30	07:15	BODYCOMBAT	Abergele
08:00	08:30	SPRINT	Colwyn
08:00	09:00	BODYBALANCE	Abergele
09:30	10:30	BODYBALANCE	Abergele
11:00	11:50	RPM	Abergele
12:00	13:00	SPRINT	Abergele
12:15	12:45	SPRINT	Colwyn
14:00	15:00	BODYBALANCE	Colwyn
14:00	14:30	SPRINT	Abergele
15:30	16:30	BODYCOMBAT	Abergele
17:00	17:45	BODYBALANCE	Abergele
18:15	19:00	BODYCOMBAT	Abergele
19:00	20:00	BODYCOMBAT	Colwyn
19:30	20:15	SH'BAM	Abergele

## Dydd Sadwrn Saturday

O From	i To	Dosbarth Class	Hamdden Centre
09:00	09:50	RPM	Abergele
10:30	11:30	BODYBALANCE	Abergele
11:00	11:00	BODYCOMBAT	Colwyn
12:30	13:30	BODYCOMBAT	Abergele

## Dydd Sul Sunday

O From	i To	Dosbarth Class	Hamdden Centre
09:00	10:00	BODYCOMBAT	Abergele
09:30	10:15	THE TRIP	Colwyn
10:30	11:20	RPM	Abergele
11:00	11:50	RPM	Colwyn

## Facility

Canolfan Centre	Rhif Number	ID
Canolfan Hamdden Abergele Leisure Centre	01492 577940	Abergele
Canolfan Hamdden Colwyn Leisure Centre	01492 577900	Colwyn
Canolfan Hamdden Cyffordd Llandudno Junction Leisure Centre	01492 577925	Junction
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.

## BODYBALANCE

Les Mills BODYBALANCE yw gweithgaredd Yoga, Tai Chi, Pilates a fydd yn eich gwneud chi deimlo'n sefydlog a llongydd. Gydag anadlu dan reolaeth, canolbwyntio a chyfres strwythuredig a gofalus i ymestyniadau, symudiadau ac ystumiau byddwch yn adeiladu'r cryfder a'r hyblygrwydd wrth i chi greu sesiwn ymarfer holistig gan ddod â'r corff i stad o harmoni a chydbwysedd.

## BODYCOMBAT

Mae BODYCOMBAT yn sesiwn ymarfer egniol sydd wedi'i ysbrydoli gan y grefft ymladd a sy'n gyfan gwbl ddigyswilt. Cadwch yn heini drwy gicio a dyrnu a byddwch yn llosgi hyd at 570 o galoriau\*\* mewn dosbarth. Nid oes angen unrhyw brofiad. Dysgwch symudiadau o feysydd Karate, Taekwondo, Bocsio, Muay Thai, Capoeira a Kung Fu.

## SH'BAM

Ymarfer drwy ddawnsio sy'n llawn hwyl ac yn gaethiwus. Mae SH'BAM™ yn ddosbarth lle nad oes unrhyw hunan falchder – nid oes angen unrhyw brofiad o ddawnsio.

## RPM

Ymarfer beicio yw RPM™ lle rydych chi yn rheoli'r dwyster. Mewn sesiwn ymarfer RPM rydych yn cylchdroi'r pedalaru yn ailadroddus i gyrraedd eich uchafbwynt cardio ac yna yn arafu ychydig, gan gadw'r cyflymder gyda'r pecyn i godi eich perfformiad personol a hybu eich ffitrwydd cardio.

## SPRINT

Mae LES MILLS SPRINT™ yn sesiwn ymarfer 30 munud o Hyfforddiant Ysbeidiol Dwysedd Uchel (HIIT) gan ddefnyddio beic dan do i gyflawni canlyniadau cyflym. Mae'n ddull byr, dwys o hyfforddiant lle daw'r wefr a'r cymhelliant o wthio eich cyraeddiadau corfforol a meddyliol.

## THE TRIP

Mae THE TRIP™ yn brofiad ymarfer y byddwch yn ymgolli'n llwyr ynddo sy'n cyfuno ymarfer beicio 40 munud gyda sawl uchafbwynt gyda thaith drwy fydoedd wedi eu creu'n ddigidol.

## BODYBALANCE

Les Mills BODYBALANCE is the Yoga, Tai Chi, Pilates workout that will leave you feeling centred and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility as you create a holistic workout, bringing the body into a state of harmony and balance.

## BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories\*\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

## SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required.

## RPM

RPM™ is a cycling workout where you control the intensity. ... In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

## SPRINT

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

## THE TRIP

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.