

Bishopston Sports Centre Fitness Timetable

Amserlen Ffitrwydd Canolfan Chwaraeon Llandeilo Ferwallt

19/02/2018

Monday Dydd Llun

6.00pm - 6.45pm	Group Cycling	Beicio Grŵp
7.00pm - 8.30pm	Yoga	Ioga
7.00pm - 8.00pm	Functional P.R	Ymarfer Codi Curiad y Galon

Tuesday Dydd Mawrth

6.00pm - 6.45pm	Group Cycling	Beicio Grŵp
7.00pm - 8.00pm	Circuits	Cylchedu
7.00pm - 8.00pm	Legs, Bums & Tums	Coesau, Pen-olau a Boliau

Wednesday Dydd Mercher

6.00pm - 7.00pm	L.I.I.T	L.I.I.T.
7.15pm - 8.00pm	Group Cycling	Beicio Grŵp

Thursday Dydd Iau

6.00pm - 6.45pm	Group Cycling	Beicio Grŵp
7.00pm - 8.00pm	Pilates	Pilates
7.00pm - 8.00pm	Circuits	Cylchedu

Friday Dydd Gwener

12.15pm - 1.15pm	Walking Football	Pêl-droed Cerdded
------------------	------------------	-------------------

**All classes are included in Active Swansea membership.
Please book classes in advance as places are limited.**

Caiff pob dosbarth ei gynnwys yn aelodaeth Abertawe Activ.

Prisiau / Prices (45 Min/Mun)

Standard	Safonol	£3.50
Concessions	Consesiwn	£2.75
P.T.L	PTL	£1.90

Prisiau / Prices (60 Min/Mun)

Standard	Safonol	£5.00
Concessions	Consesiwn	£3.75
P.T.L	PTL	£2.50

Prisiau / Prices (90 Min/Mun)

Standard	Safonol	£5.50
Concessions	Consesiwn	£4.25
P.T.L	PTL	£2.75

Gym opening hours**Mon - Fri: 7.00am - 10.00pm****Sat & Sun: 9.00am - 5.00pm**

Amserau Agor y Gampfa

Llun - Gwener: 7.00am - 10.00pm

Sadwrn a Sul: 9.00am - 5.00pm

Contact Cyswllt**Bishopston Sports****01792 235040****www.activeswansea.com www.abertaweactiv.com****Like us on Facebook search Bishopston Sports Centre**

Hoffi ni ar Facebook chwiliwch am Canolfan Chwaraeon Llandeilo Ferwallt