

Deeside - Fitness Class Programmes

Glannau Dyfrdwy - Rhaglen Ffitrwydd Dosbarth

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
09.30-10.30	■ Burn/Firm/Cardio conditioning	■ Pen OI Gardam Cyflwr Cardio	● ● ●
10.00-10.45	■ Studio Cycling	■ Beicio Dan Do	● ●
12.15-13.00	■ Fitness Pilates	■ Pilates Ffitrwydd	● ●
13.30-14.30	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ●
16.30-17.15	■ Family Fitness	■ Ffitrwydd Teuluol	●
17.30-18.00	■ Teen Circuits	■ Cylchedau Teen	● ● ●
17.30-18.15	■ Rebounder	■ Rebounder	● ●
17.45-18.15	■ Abs	■ Boliau	● ● ●
18.30-19.30	■ Circuits	■ Ymarfer Cylchol	● ● ●
18.30-19.30	■ Coached Weight Lifting Session	■ Sesiwn Codi Pwysau Hyfforddi	● ●
18.30-19.15	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Kettlebells	■ Pwysau Tegell	● ●
Tuesday/Dydd Mawrth			
06.30-07.30	■ Bootcamp	■ Bootcamp	● ● ●
09.30-10.15	■ Bums & Tums	■ Hyfforddiant tynhau cyhrau	● ● ●
10.30-11.30	■ Heartbeat	■ Curriad Calon	♥ ●
10.40-12.00	■ Yoga***	■ Ioga***	●
13.00-14.00	■ Pilates	■ Pilates	● ●
17.30-18.00	■ Teen Boxercise	■ Blwch Cinio Teen	● ● ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	● ●
18.00-19.00	■ Mindfulness and Movement	■ Ymwybyddiaeth ofalgar a symudiad	● ●
19.00-20.00	■ Pilates	■ Pilates	●
19.00-20.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
20.00-21.00	■ Rebounder - Total Tone	■ Rebounder - Tynhau'r Corff Cyfan	● ●
20.00-21.00	■ Studio Cycling**	■ Beicio Dan Do**	● ● ●
Wednesday/Dydd Mercher			
07.00-08.00	■ Studio Cycling, Total Tone	■ Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
09.30-10.15	■ Rebounder	■ Rebounder	●
10.30-11.15	■ Studio Cycling	■ Beicio Dan Do	● ● ●
13.30-14.30	■ Wellbeing Circuit	■ Ymarferion lies Cylchol	♥ ●
17.30-18.15	■ Rebounder	■ Rebounder	● ● ●
17.45-18.15	■ Abs	■ Boliau	● ● ●
18.30-19.15	■ Couch to 5k	■ Couch i 5k	● ●
18.30-19.30	■ Step Aerobics	■ Aerobeg Camu	● ●
18.30-19.30	■ Circuits	■ Ymarfer Cylchol	● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Wednesday/Dydd Mercher			
18.30-19.15	■ Studio Cycling	■ Beicio Dan Do	●
19.30-20.15	■ Studio Cycling	■ Beicio Dan Do	● ●
19.30-20.30	■ Zumba	■ Zumba	● ● ●
Thursday/Dydd Iau			
06.30-07.30	■ Bootcamp	■ Bootcamp	● ● ●
09.30-10.30	■ Rebounder - Total Tone	■ Rebounder - Tynhau'r Corff Cyfan	● ●
12.30-13.00	■ Omnia Circuit	■ Ymarfer Cylchol Omnia	● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ●
18.15-19.00	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ●
19.00-19.45	■ Studio Cycling	■ Beicio Dan Do	● ●
19.00-20.30	■ Yoga***	■ Ioga***	●
19.00-20.00	■ Body Conditioning	■ Cyflyru Corff	● ● ●
Friday/Dydd Gwener			
07.00-07.45	■ Studio Cycling	■ Beicio Dan Do	● ● ●
09.30-10.30	■ Total Tone	■ Tynhau'r Corff Cyfan	● ● ●
11.00-12.00	■ Pilates	■ Pilates	♥ ● ●
17.15-18.00	■ Bums & Tums	■ Hyfforddiant tynhau cyhfrau	● ● ●
18.00-18.45	■ Pump	■ Pump	● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ●
18.00-19.00	■ Strength and Conditioning	■ Cryfder a Chyflyru	● ● ●
Saturday/Dydd Sadwrn			
08.00-09.00	■ Jogging Club	■ Clwb Ioncian	● ●
09.15-10.15	■ Kettlebells	■ Pwysau Tegell	● ●
09.30-10.15	■ Studio Cycling	■ Beicio Dan Do	● ● ●
10.30-11.30	■ Studio Cycling	■ Beicio Dan Do	● ●
Sunday/Dydd Sul			
10.00-11.00	■ Studio Cycling	■ Beicio Dan Do	● ●

Jade Jones Pavilion Flint - **Fitness Class Programmes** Pafiliwn Jade Jones y Fflint - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
06.30-07.30	■ Morning HIIT***	■ HIIT Bore***	● ● ●
09.30-10.15	■ Studio Cycling	■ Beicio Dan Do	●
10.30-11.30	■ Total Tone	■ Tynhau'r Coff Cyfan	● ●
17.15-18.00	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ●
18.15-19.00	■ Studio Cycling	■ Beicio Dan Do	●

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
19.15-20.15	■ Circuits (High School)	■ Ymarfer Cylchol	● ● ●
19.00-20.00	■ Total Tone	■ Tynhau'r Coff Cyfan	● ● ●
19.30-20.15	■ Zumba	■ Zumba	● ● ●
20.00-21.00	■ Kettlecise	■ Kettlecise	● ● ●
Tuesday/Dydd Mawrth			
09.30-10.30	■ Kettlecise	■ Kettlecise	● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	● ● ●
18.00-19.00	■ Kettlebells	■ Pwysau Tegell	● ● ●
19.00-19.45	■ Studio Cycling	■ Beicio Dan Do	● ● ●
19.00-19.45	■ Mobility & Stretch	■ Symudedd a Stretch	● ● ●
20.00-20.45	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●
Wednesday/Dydd Mercher			
09.15-09.45	■ Abs	■ Boliau	● ● ●
10.00-10.30	■ Kettlecise	■ Kettlecise	● ● ●
10.00-11.30	■ Yoga	■ Ioga	● ● ●
18.00-19.00	■ Zumba	■ Zumba	● ● ●
19.15-20.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
20.00-21.00	■ Kettlecise	■ Kettlecise	● ● ●
Thursday/Dydd Iau			
09.30-10.30	■ Pilates	■ Pilates	♥ ● ● ●
09.30-10.15	■ Studio Cycling & Abs	■ Beicio Dan Do A Boliau	● ● ●
10.45-11.45	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ● ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●
18.00-19.00	■ CardioKick Condition	■ Cyflyru Cicardio	● ● ●
19.15-20.15	■ Suspension Training	■ Crograffau	● ● ●
20.00-21.30	■ Yoga	■ Ioga	● ● ●
Friday/Dydd Gwener			
09.30-10.15	■ Kettlecise	■ Kettlecise	● ● ●
10.15-11.15	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ● ●
11.30-12.30	■ Back Care***	■ Gofal Cefn***	♥ ● ●
16.00-16.30	■ Junior Class	■ Dosbarth Iau	● ● ●
17.15-18.00	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ● ●
17.15-17.45	■ Abs	■ Boliau	● ● ●
18.00-18.30	■ Kettlecise	■ Kettlecise	● ● ●
Saturday/Dydd Sadwrn			
10.00-11.00	■ Kettlebells	■ Pwysau Tegell	● ● ●
08.00-08.45	■ Cycle and Go	■ Beicio ac Ewch	● ● ●
Sunday/Dydd Sul			
10.00-11.00	■ Studio Cycling	■ Beicio Dan Do	● ● ●

Mold Leisure Centre - **Fitness Class Programmes**

Canolfan Hamdden Yr Wyddgrug - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
08.00-08.45	■ Studio Cycling	■ Beicio Dan Do	●
09.00-09.30	■ Abs and stretch	■ Abs ac ymestyn	● ● ●
09.30-10.30	■ Circuits	■ Ymarfer Cylchol	● ●
11.00-12.00	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ●
16.00-17.00	■ Teen Fitness	■ Ffitrwydd Teen	● ● ●
17.15-18.00	■ Wellbeing Studio Cycling	■ Ymarferion Beicio Dan Do	♥ ●
18.15-19.00	■ Studio Cycling	■ Beicio Dan Do	●
19.00-20.00	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ●
20.00-21.00	■ Circuits	■ Ymarfer Cylchol	● ●
21.00-22.00	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ●
Tuesday/Dydd Mawrth			
09.30-10.30	■ Pilates***	■ Pilates***	♥ ● ●
09.30-10.30	■ Nordic Walking	■ Cerdddeg Nordig	♥ ●
10.30-11.30	■ Studio Cycling, Total Tone	■ Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
18.00-18.45	■ Studio Cycling	■ Beicio Dan Do	●
18.30-19.15	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ●
19.15-20.00	■ Body Conditioning	■ Corff cyflyru	● ●
21.00-22.00	■ Adult Stroke Technique	■ Techneg Strôc Oedolion	● ● ●
Wednesday/Dydd Mercher			
09.30-10.30	■ Zumba	■ Zumba	● ●
10.30-11.30	■ Kettlebells***	■ Pwysau Tegell***	● ●
11.45-12.30	■ Tai Chi Movements (TMW)***	■ Symudiadau Tai Chi (TMW)***	♥ ●
13.45-14.45	■ Heartbeat	■ Curiad Calon	♥ ●
17.30-18.15	■ Kettlebells	■ Pwysau Tegell	● ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	●
18.30-19.30	■ Pilates	■ Pilates	♥ ● ●
19.15-20.00	■ Abs and stretch	■ Abs ac ymestyn	● ● ●
19.30-20.30	■ Circuits	■ Ymarfer Cylchol	● ●
19.30-21.00	■ Yoga***	■ Ioga***	♥ ●
Thursday/Dydd Iau			
09.15-10.15	■ Suspension Training***	■ Crograffau***	● ●
10.30-12.00	■ Yoga***	■ Ioga***	♥ ●
18.00-19.00	■ Booty camp	■ Gwersyll Booty	● ● ●
19.00-20.00	■ Circuits	■ Ymarfer Cylchol	● ●
19.15-20.00	■ Studio Cycling	■ Beicio Dan Do	●
21.00-22.00	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ●

Time/Amser	Classes	Dosbarth	Level/Lefel
Friday/Dydd Gwener			
08.00-08.45	■ Studio Cycling	■ Beicio Dan Do	●
09.00-09.30	■ Abs and stretch	■ Abs ac ymestyn	● ● ●
09.30-10.30	■ ■ Studio Cycling, Total Tone	■ ■ Beicio Dan Do, Tynhau'r Coff Cyfan	● ● ●
11.15-12.15	■ Wellbeing Circuit	■ Ymarferion Lies Cylchol	♥ ●
18.00-19.00	■ Studio Cycling	■ Beicio Dan Do	●
Saturday/Dydd Sadwrn			
11.00-12.00	■ Circuits	■ Ymarfer Cylchol	● ● ●
17.00-18.00	■ Master Swim	■ Dosbarth Nofio Meistr	● ● ●
Sunday/Dydd Sul			
09.30-10.15	■ Studio Cycling	■ Beicio Dan Do	●
Fitness Course (Mondays and Fridays)/Cwrs Ffitrwydd (Dydd Llun a Dydd Gwener)			
6 Weeks	■ Buggy Fitness	■ Ffitrwydd Hefo Buggy	
Contact Number	■ Mold Leisure Centre	■ 01352 704333	

Buckley Leisure Centre - **Fitness Class Programmes** Canolfan Hamdden Bwcle - **Rhaglen Ffitrwydd Dosbarth**

Time/Amser	Classes	Dosbarth	Level/Lefel
Monday/Dydd Llun			
11.00-12.00	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ●
Tuesday/Dydd Mawrth			
18.30-19.30	■ Total Tone	■ Tynhau'r Corff Cyfan	● ● ●
19.45-20.30	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ●
Wednesday/Dydd Mercher			
09.00-10.00	■ Easyline Circuit	■ Ymarfer Cychol Easyline	♥ ● ● ●
10.15-11.15	■ Easyline Circuit	■ Ymarfer Cychol Easyline	♥ ● ● ●
18.30-19.15	■ Metafit HIIT	■ Ffitrwydd Metabolig	● ● ●
19.30-20.30	■ Booty camp	■ Gwersyll Booty	● ● ● ●
20.00-20.45	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ● ●
Thursday/Dydd Iau			
18.00-19.00	■ Zumba	■ Zumba	● ● ●
19.00-20.00	■ Pilates	■ Pilates	♥ ● ● ●
Friday/Dydd Gwener			
09.15-10.45	■ Yoga	■ Ioga	♥ ●
11.00-12.00	■ Aqua Fit	■ Ffitrwydd Dwr	● ● ● ●

Contact the Fitness Suites direct

Buckley Leisure Centre
Mill Lane, Buckley, Flintshire,
CH7 3HQ
01352 704290

Deeside Leisure Centre
Chester Road West, Queensferry,
Deeside, Flintshire, CH5 1SA
01352 704240

Jade Jones Pavilion Flint
Earl Street, Flint, Flintshire,
CH6 5ER
01352 704308

Mold Leisure Centre
Wrexham Road, Mold, Flintshire,
CH7 1HT
01352 704333