

WELLBEING FITNESS GROUP EXERCISE CLASSES



FFITRWYDD LLES DOSBARTHADAU FFITRWYDD

| MON LLUN | TUES MAW | WED MER | THURS IAU | FRI GWEN |
|-------------------------------------|----------------------------------|--|-----------------------------------|---------------------------------|
| 6.30AM SPIN MERTHYR | 6.30AM COREBLAST MERTHYR | 6.30AM BODYWEIGHT BLAST MERTHYR | 6.30AM KARDIOBELLS MERTHYR | 6.30AM HIIT MERTHYR |
| 9.30AM LBT MERTHYR | 9.30AM KARDIOBELLS MERTHYR | 9.30AM SHAPE&TONE MERTHYR | 9.30AM COREBLAST MERTHYR | 9.30AM LBT MERTHYR |
| 10.00AM AQUA AEROBICS ABERFAN | 10.30AM COREBLAST MERTHYR | 10.00AM AQUA AEROBICS ABERFAN | 10.30AM KARDIOBELLS MERTHYR | 10.00AM AQUA TOTS ABERFAN |
| 10.30AM HIIT MERTHYR | 6PM KARDIOBELLS MERTHYR | 10.30AM BODYWEIGHT BLAST MERTHYR | 5.45PM SPIN ABERFAN | 10.30AM HIIT MERTHYR |
| 5.45PM SPIN ABERFAN | | 6PM SHAPE&TONE MERTHYR | 6PM SPIN MERTHYR | 6PM HIIT MERTHYR |
| 6PM LBT MERTHYR | | | | |

01685 727 476 MLC
01685 727 362 ACC

PLACES ARE LIMITED! YOU MUST BOOK IN ADVANCE!

EQUIPMENT NOT PROVIDED - CALL ABOUT BORROWING FROM US!

LLEOEDD YN GYFYNG! RHAID CADW LLE O FLAEN LLAW!

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@WELLBEINMERTHYR



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£4 Y DOSBARTH WRTH DALU A MYND!

FREE FOR
MONTHLY
MEMBERSHIP

£4 PER CLASS FOR PAY AS YOU GO!