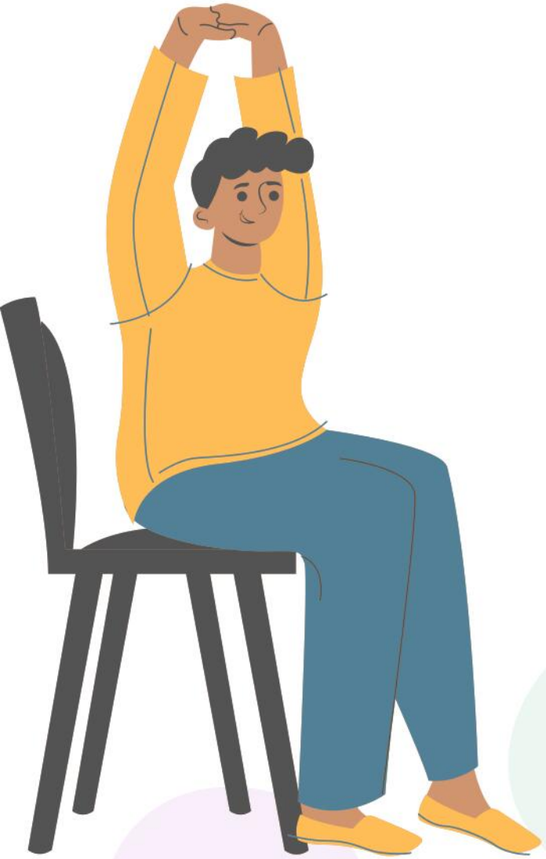
Free Virtual Exercise sessions
Sesiynau Rhithiol Ymarfer Corff Am Ddim



Dydd Llun

- Loga ar eich eistedd -11 am a 2 pm
- Ymarfer corff ar eich eistedd - 11 am

Dydd Mawrth

- Ioga ar eich eistedd -9.30 am
- Cryfder, Ymestyn, Ymlacio 11.30 am

Dydd Mercher

- Tai Chi ar eich Eistedd - 11 am

Dydd Iau

- Pilates ar eich eistedd - 11 am
- Cryfder, Ymestyn, Ymlacio 11.30 am
- Ymarfer corff dan arweiniad ffisiotherapydd - 11.15 am

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

Mondays

- Seated yoga -11 am & 2 pm
- Seated exercise - 11 am

Tuesdays

- Seated yoga -9.30 am
- Strength, Stretch ,Relaxation 11.30 am

Wednesdays

- Seated Tai Chi - 11 am

Thursdays

- Seated Pilates - 11 am
- Strength, Stretch, Relaxation 11.30 am
- Physio led exercise - 11.15 am

email/ebost: mscymru@mssociety.org.uk