



Canolfan y Mynydd Du  
Black Mountain Centre



ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED

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SO MUCH MORE THAN JUST A COMMUNITY CENTRE.....

# The Studio

## At The Black Mountain Centre

The Black Mountain Centre has a new multi-purpose room that will be used to extend current health and wellbeing activities.

The Centre staff and trustees aim to provide a range of activities that meet the needs of the community.

If there are NEW classes or activities that you would like to attend at your local community centre, please get in touch with your ideas.



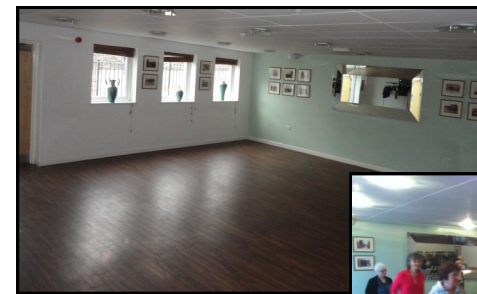
**Contact us** .....

Tel: 01269 823400

Email: enquiries@black-mountain.org.uk

Follow us on Facebook: The Black Mountain Centre.

**Coming Soon** - A range of keep fit classes for the whole family. See overleaf.



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Yng Nghanolfan y Mynydd Du

# Y Stiwdio

What's on at the

# Studio

## Monday

5.30pm-6.30pm,  
Galaxy Theatre Company

## Tuesday

6.15pm—7.00pm, Zumba  
7.15pm-8.00pm, Zumba

## Wednesday

4.30pm - 6.30pm, Glee Club

## Thursday

10am—12pm, Line Dancing  
1pm—2pm, Keep fit for over 50's  
5pm—7pm, Weight Watchers  
7pm—8pm, Yoga

## Friday

Beth sydd ymlaen yn y

# Stiwdio

## Dydd Llun

5.30yp-6.30yh,  
Cwmni Theatr Galaxy

## Dydd Mawrth

6.15yh—7.00yh, Zumba  
7.15yh—8.00 yh, Zumba

## Dydd Mercher

4.30yp - 6.30yh, Clwb Glee

## Dydd Iau

10yb—12yp, Dawnsio Llinell  
1yp—2yp, Cadw'n heini am 50+  
5yp—7yh, Weight Watchers  
7yh—8yh, Yoga

## Dydd Gwener