

# BERSHAM

## Autumn Term Programme



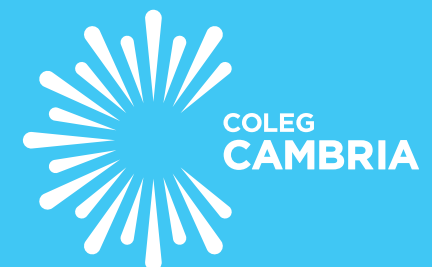
ACTIVE  
CAMBRIA

Bersham	12.15pm until 12.45pm Fitness classes	4.45pm tan 5.45pm
Monday		Yoga
Tuesday	Yoga	
Wednesday	Strength & stretch (online across sites)	

Cage available for football, basketball and dodgeball.

Click [here](#) to see our selection of fitness workouts or go to the Active page on student hub or the New student app.  
Email [donna.welsh@cambria.ac.uk](mailto:donna.welsh@cambria.ac.uk) for more information or if you'd like to run any sessions as a Trusted leader.

  @ActiveCambria



# FFORDD Y BERS



## Rhaglen Tymor yr Hydref

Ffordd y Bers	12.15pm tan 12.45pm Dosbarthiadau ffitrwydd	4.45pm tan 5.45pm
Dydd Llun	loga	loga
Dydd Mawrth		
Dydd Mercher	Cryfder ac ymestyn (ar-lein ar bob safle)	

Cawell ar gael ar gyfer pêl-droed, pêl-fasged a phêl-osgoi

Cliciwch **yma** i weld ein dewis o sesiynau ffitrwydd neu ewch i'r dudalen Heini ar yr hwb myfyrwyr neu'r ap myfyrwyr newydd. E-bostiwch **[donna.welsh@cambria.ac.uk](mailto:donna.welsh@cambria.ac.uk)** am ragor o wybodaeth neu os hoffech gynnal unrhyw sesiwn fel Arweinydd Dibynadwy.

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