

LLYSFASI

Autumn Term Programme



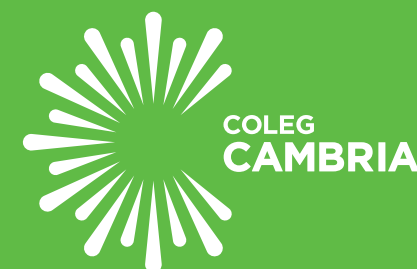
Sport Sessions

Fitness Sessions

Llysfasi	12.15 until 12.45pm	12.15pm until 12.45pm	5pm until 6pm
Wednesday	Dodgeball	Strength & stretch (online across sites)	Yoga (online across sites)
	Cage available for football, basketball and dodgeball	Gym room can be used in pairs after having an induction	

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 for more information or if you'd like to run any sessions as a Trusted leader.

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LLYSFASI

Rhaglen Tymor yr Hydref



↙ Sesiynau chwaraeon

↙ Dosbarthiadau ffitrwydd

Llysfasi	12.15 tan 12.45pm Sesiynau chwaraeon	12.15pm tan 12.45pm	5pm tan 6pm
Dydd Mercher	Pêl-osgoi	Cryfder ac ymestyn (ar-lein ar bob safle)	loga (ar-lein ar bob safle)
	Cawell ar gael ar gyfer pêl-droed, pêl-fasged a phêl-osgoi	Gellir defnyddio ystafell gampfa mewn parau ar ôl cael sesiwn sefydlu	

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** am ragor o wybodaeth neu os hoffech gynnal unrhyw sesiwn fel Arweinydd Dibynadwy.

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