

NORTHOP

Autumn Term Programme



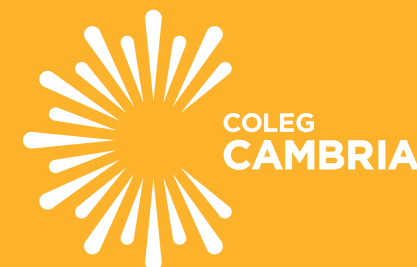
ACTIVE
CAMBRIA

Northop	12.15 until 12.45pm Sport sessions	12.15pm until 12.45pm	4.45pm until 5.15pm
Monday	Multi sports ILS		
Tuesday			
Wednesday	Multi sports	Strength & stretch (online across sites)	Circuit

Front lawn available when the weather is nice.

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.

  @ActiveCambria



COLEG
CAMBRIA

LLANEURGAIN



Rhaglen Tymor yr Hydref

Llaneurgain	12.15 tan 12.45pm Sesiynau chwaraeon	12.15pm tan 12.45pm	4.45pm tan 5.15pm
Dydd Llun	Aml-chwaraeon SBA		
Dydd Mawrth			
Dydd Mercher	Aml-chwaraeon	Cryfder ac ymestyn (ar-lein ar bob safle)	Cylched

Lawnt blaen ar gael pan mae'r tywydd yn braf.

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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