

Deeside

Healthy Mind + Healthy Body = Happy soul

Get involved!



	12.15 - 12.55pm Sport sessions	12.20pm - 12.50pm Fitness classes	Additional Enrichment
Mon	5 a side (Sports hall)	Fitness Pilates Boxing 4.30pm till 5pm (Lifestyle fitness)	4pm till 5pm Dodgeball / Table tennis (Sportshall Athletics centre)
Tue	Badminton (Sports hall)	Body Pump (Lifestyle fitness)	Badminton 1pm till 2pm
Wed	Netball/ Girls football (Sportshall)	Women Wednesday/Circuit (Lifestyle fitness)	Football 1.30pm till 3.30pm Hockey 4pm till 5pm
Thu	Football (Sports hall)	Spin	
Fri	Basketball	Yoga	

Running track available ring sports 0300 30 30 007 to book | Active room G52 available email activecambria@cambria.ac.uk
Table tennis equipment available from reception | Board games available to sign out from student services.

Glannau Dyfrdwy

Meddwl Iach + Corff Iach = Enaid Hapus Cymerwch ran!



	12.15pm -12.55pm Sesiynau chwaraeon	12.20pm -12.50pm Sesiynau Ffitrwydd	Cyfoethogi Ychwanegol
Dydd Llun	5 bob ochr (neuadd chwaraeon)	Pilates ffitrwydd Bocsio 4.30pm till 5pm (Lifestyle Fitness)	4pm tan 5pm Pêl-osgoi / tenis bwrdd (Neuadd chwaraeon, canolfan athletau)
Dydd Mawrth	Badminton (neuadd chwaraeon)	'Body Pump' (Lifestyle Fitness)	Badminton 1pm tan 2pm
Dydd Mercher	Pêl-rwyd / Pêl-droed merched (neuadd chwaraeon)	Dydd Mercher y Merched/Cylchred (Lifestyle fitness)	Pêl-droed 1.30pm tan 3.30pm Hoci 4pm tan 5pm
Dydd Iau	Pêl-droed (neuadd chwaraeon)	Troelli	
Dydd Gwener	Pêl-fasged	Ioga	

Trac rhedeg ar gael, ffoniwch chwaraeon 0300 30 30 007 i archebu | Ystafell heini G52 ar gael, e-bostiwnch activecambria@cambria.ac.uk
Offer tennis bwrdd ar gael o'r dderbynfa | Gemau bwrdd ar gael gan y tîm gwasanaethau myfyrwyr.

Yale



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	12.15 - 12.55pm Sport sessions	12.15pm - 12.45pm Fitness classes	4.15pm - 5pm Enrichment hour	5pm - 5.45pm
Mon	Basketball	Yoga (Active room)	Techno gym (Students)/Football	Circuit (Techno gym)
Tue	Badminton	Spin (Spin room) Techno gym	Techno gym (Students)	
Wed	Elite Sports			
Thu	Football	Yoga (Dance studio) Techno gym	Techno gym / Basketball	
Fri	Basketball	Boxing 7.45am-8.15am		

Active Room available new block email activecambria@cambria.ac.uk to book it.
Board games available to sign out from student services. Table tennis equipment available from reception.

Iâl



Meddwl Iach + Corff Iach = Enaid Hapus Cymerwch ran!

	12.15pm -12.55pm Sesiynau chwaraeon	12.15pm -12.45pm Sesiynau Ffitrwydd	4.15pm - 5pm Awr gyfoethogi	5pm - 5.45pm
Dydd Llun	Pêl-fasged	Ioga (Ystafell Heini)	Techno gym (myfyrwyr)/Pêl-droed	Cylchred (Techno gym)
Dydd Mawrth	Badminton	Troelli (Ystafell Droelli) Techno gym	Techno gym (myfyrwyr)	
Dydd Mercher	Chwaraeon Elît			
Dydd Iau	Pêl-droed	Ioga (Stiwdio Ddawns) Techno gym	Techno gym / Pêl-fasged	
Dydd Gwener	Pêl-fasged	Bocsio (7.45am till 8.15am)		

Ystafell Heini yn y bloc newydd ar gael, anfonwch e-bost at activecambria@cambria.ac.uk i gael defnyddio'r ystafell.
Gemau bwrdd ar gael gan y tîm Gwasanaethau Myfyrwyr. Offer tenis bwrdd ar gael o'r dderbynfa.

Northop



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Day	12.15pm until 1pm Sport sessions	Enrichment and after college
Mon	Multi sports (Front Lawn)	Multi sports (Front Lawn) 4pm till 4.45pm
Wed	Multi sports (Front Lawn) or Common room	Pilates (Library) 4.45pm till 5.15pm

Front lawn available when the weather is nice.

Balls, table tennis equipment and board games available to sign out from library. For more information email activecambria@cambria.ac.uk

Llaneurgain



Meddwl Iach + Corff Iach = Enaid Hapus
Cymerwch ran!

	12.15pm - 1pm Sesiynau Chwaraeon	Cyfoethogi ac ar ôl y coleg
Dydd Llun	Aml-chwaraeon (Lawnt flaen)	Aml-chwaraeon (Lawnt flaen) 4pm tan 4.45pm
Dydd Mercher	Aml-chwaraeon (Lawnt flaen) neu'r Ystafell Gyffredin	Pilates (Adeilad SBA) 4.45pm tan 5.15pm

Mae'r lawnt flaen ar gael pan fo'r tywydd yn braf.

Mae peli, offer tenis bwrs a gemau bwrdd ar gael yn y llyfrgell. I gael rhagor o wybodaeth anfonwch e-bost at activecambria@cambria.ac.uk

Bersham



Healthy Mind + Healthy Body = Happy soul Get involved!

The cage is available for football, basketball and dodgeball.

Table tennis equipment is available from reception or from Progress Coaches.

Board games are available from Progress coaches.

Techno gym in the new Yale building every day 4.15pm to 5pm (except Fridays).

To arrange an induction session send an email to activecambria@cambria.ac.uk

Ffordd y Bers



Meddwl Iach + Corff Iach = Enaid Hapus Cymerwch ran!

Mae'r gawell ar gael ar gyfer pêl-droed, pêl-fasged a phêl-osgoi.

Mae offer tenis bwrdd ar gael o'r dderbynfa neu gan Anogwyr Cynnydd.

Mae gemau bwrdd ar gael gan Anogwyr Cynnydd.

Techno gym yn adeilad newydd lâl bob dydd 4pm tan 5pm (ac eithrio dydd Gwener).

Er mwyn trefnu sesiwn ymsefydlu, anfonwch e-bost at activecambria@cambria.ac.uk

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Cage available for football, basketball and dodgeball equipment available from Progress coaches.

Table tennis equipment available from reception or Progress coaches.

Board games available from Progress coaches.

Techno gym Yale new build every day 4pm until 5pm (except Fridays).

To book an induction email activecambria@cambria.ac.uk.

Meddwl Iach + Corff Iach = Enaid Hapus Cymerwch ran!

Mae'r gawell ar gael ar gyfer pêl-droed, pêl-fasged a phêl-osgoi, ac mae offer ar gael gan Anogwyr Cynnydd.

Mae offer tenis bwrdd ar gael o'r dderbynfa neu gan Anogwyr Cynnydd.

Mae gemau bwrdd ar gael gan Anogwyr Cynnydd.

Techno gym yn adeilad newydd lâl bob dydd 4pm tan 5pm (ac eithrio dydd Gwener).

Er mwyn trefnu sesiwn ymsefydlu anfonwch e-bost at activecambria@cambria.ac.uk



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CAMBRIA



ACTIVE CAMBRIA'S AUTUMN TIMETABLE

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