



HEINI·ACTIVE
CAMBRIA

Autumn term

Bersham timetable

	12.15pm - 1pm	5pm - 5.45pm
Monday	Darts - You must book in email michael.vernon@cambria.ac.uk	Football Yale site

Football, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team (lanyards will need to be handed in when taking out equipment).

The techno gym at Yale can be used by staff and students. Email activecambria@cambria.ac.uk for an induction.



Scan the
code for
online
classes



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Cambria classroom
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HEINI·ACTIVE
CAMBRIA

Tymor yr hydref



Amserlen
Ffordd y Bers

	12.15pm - 1pm	5pm - 5.45pm
Dydd Llun	Dartiau - mae'n rhaid i chi gadw lle, anfonwch e-bost at michael.vernon@cambria.ac.uk	Pêl-droed safle lâl

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged. Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan.

Gall staff a myfyrwyr ddefnyddio'r gampfa techno yn lâl, anfonwch e-bost at cambriaheini@cambria.ac.uk ar gyfer sesiwn ymsefydlu.



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



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Autumn term

Deeside timetable

	12.10pm - 1pm Sportshall/Athletics Centre	12.15pm - 12.45pm Lifestyle fitness	4pm - 4.45pm Athletics centre/sportshall
Monday	Football/Badminton	Fitness Pilates	
Tuesday	Badminton/Table tennis		
Wednesday	Short tennis	Body pump	PAL's blast
Thursday	Football/Badminton	Hyrox training	
Friday	Basketball	Spin	

Football training for those wishing to join the football teams.
This takes place 1.15pm - 2.30pm on the football pitch (boots and shin pads are required).

The Active room G52 is available for staff and classes to play table tennis, meditation, physical activities and other online sessions.
Email active.cambria@cambria.ac.uk to book in.

The athletics track can be used in college time by both staff and students. Book through sports reception.

Table tennis equipment can be signed out at the main reception.



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	12.10pm - 1pm Neuadd Chwaraeon/ Canolfan Athletau	12.20pm - 12.50pm Lifestyle fitness	4pm - 4.45pm Canolfan Athletau/neuadd chwaraeon
Dydd Llun	Pêl-droed/Badminton	Ffitrwydd Pilates	
Dydd Mawrth	Badminton/Tennis bwrdd		
Dydd Mercher	Tennis Byr	'Body pump'	Sesiwn ddwys Arweinwyr Heini Cadarnhaol
Dydd Iau	Pêl-droed/Badminton	Hyfforddiant Hyrox	
Dydd Gwener	Pêl-fasged	Troelli	

Hyfforddiant pêl-droed ar gyfer y rhai sy'n dymuno ymuno â'r timau pêl-droed. 1.15pm tan 2.30pm.
Mae'n cael ei gynnal ar y cae pêl-droed. (Mae esgidiau pêl-droed a gard crimog yn ofynnol).

Mae ystafell Ffitrwydd G51 ar gael i staff a dosbarthiadau i chwarae badminton, myfyrdod, gweithgareddau corfforol a sesiynau ar-lein eraill. Anfonwch e-bost at cambriaheini@cambria.ac.uk i gadw lle.

Gall staff a myfyrwyr ddefnyddio'r trac athletau yn ystod amser y coleg. Cadwch le yn y dderbynfa chwaraeon.

Gallwch arwyddo am gyfarpar tennis bwrdd o'r brif dderbynfa.



Sganiwch y cod ar gyfer dosbarthiadau ar-lein



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	12.10pm - 1pm	4.15pm - 5pm
Monday	Basketball (Sportshall) Spin 12.15pm till 12.45pm	Techno gym
Tuesday	Pilates Active room	Techno gym
Wednesday	Techno gym PAL's session only	
Thursday	Football (Sportshall)	Techno gym Basketball
Friday	Boxercise (Gym) (Staff only)	

The Active room (H block) is available for staff and classes to use. Keys can be signed out at the main reception.
Email activecambria@cambria.ac.uk to book in.

Table tennis equipment can be signed out at the main reception.

Staff can use the Techno gym before work, lunchtime and after college until H block closes. During term time the gym is a classroom and shouldn't be used. NO SOLO training. All staff and students need an induction, email activecambria@cambria.ac.uk to book in.



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	12.10pm - 1pm	4.15pm-5pm
Dydd Llun	Pêl-fasged (neuadd chwaraeon) Troelli 12.15pm tan 12.45pm	Campfa Techno
Dydd Mawrth	Ffitrwydd Pilates	Campfa Techno
Dydd Mercher	Campfa Techno - sesiwn Arweinwyr Heini Cadarnhaol yn unig	
Dydd Iau	Pêl-droed (Neuadd Chwaraeon)	Campfa Techno Pêl-fasged
Dydd Gwener	Bocsio (Campfa) (staff yn unig)	

Mae'r ystafell Ffitrwydd (Bloc H) ar gael i staff a dosbarthiadau i'w defnyddio. Gallwch arwyddo am oriadau yn y brif dderbynfa.
Anfonwch e-bost at cambriaheini@cambria.ac.uk i gadw lle.

Gallwch arwyddo am gyfarpar tennis bwrdd o'r brif dderbynfa.

Gall staff ddefnyddio campfa Techno cyn gwaith, amser cinio ac ar ôl y coleg nes bod bloc H yn cau. Yn ystod y tymor mae'r gampfa yn ystafell ddosbarth ac ni ddylid ei defnyddio. DIM hyfforddi yn UNIGOL. Mae angen i'r holl staff a myfyrwyr gael e-bost ymsefydlu gan active.cambria@cambria.ac.uk i gael sesiwn ymsefydlu.



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Autumn Term

Northop timetable

	12.45pm - 1.30pm Front green or sportshall	4.45pm - 5.30pm
Monday	Boxercise	
Wednesday		Fitness Pilates
Thursday	Multi sports	

Football, table tennis equipment and basketballs can be provided by progress coaches, active staff and student experience team or library staff.
(lanyards will need to be handed in when taking out equipment)



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CAMBRIA

Tymor yr hydref

Amserlen
Llaneurgain

	12.45pm - 1.30pm Cae blaen neu neuadd chwaraeon	4.45pm - 5.30pm
Dydd Llun	Bocsio	
Dydd Mercher		Ffitrwydd Pilates
Dydd Iau	Aml chwaraeon	

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged (Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan).



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Autumn Term



Llysfasi timetable

	2pm - 4pm	
Wednesday	PAL's session Netball and gym session	

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Tymor yr hydref

Amserlen Llysfasi

	2pm - 4pm	
Dydd Mercher	Pêl-rwyd sesiwn Arweinwyr Heini Cadarnhaol a sesiwn gampfa	

Gall anogwyr cynnydd, staff Heini a thîm profiadau myfyrwyr neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged (Bydd angen rhoi cortynnau gwddf i mewn wrth gymryd offer allan).



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