

YALE GYM



ACTIVE
CAMBRIA

Student Timetable 2025-26

DAY	LUNCHTIME	AFTERNOON
Monday	12.15 - 1.00pm	-
Tuesday	-	4.15 - 5.00pm
Wednesday	12.15 - 1.00pm Girls Only	-
Thursday	12.15 - 1.00pm	4.15 - 5.00pm
Friday	12.15 - 1.00pm	-

Students must have undertaken an induction to be able to use the gym equipment and facilities.

Please email activecambria@cambria.ac.uk to arrange an induction, if you have not had one.

Email donna.welsh@cambria.ac.uk for more information about Active Cambria or becoming a Trusted leader.

 @ActiveCambria



CAMPFA IÂL



HEINI
CAMBRIA

Amserlen Myfyrwyr 2025-26

DIWRNOD	AMSER CINIO	PRYNHAWN
Dydd Llun	12.15 - 1.00pm	-
Dydd Mawrth	-	4.15 - 5.00pm
Dydd Mercher	12.15 - 1.00pm Merched yn Unig	-
Dydd Iau	12.15 - 1.00pm	4.15 - 5.00pm
Dydd Gwener	12.15 - 1.00pm	-

Rhaid i fyfyrwyr gael sesiwn gyflwyno cyn gallu defnyddio offer a chyfleusterau'r gampfa.

Anfonwch e-bost at cambriaheini@cambria.ac.uk i drefnu sesiwn gyflwyno, os nad ydych chi wedi cael un.

Anfonwch e-bost at donna.welsh@cambria.ac.uk i gael rhagor o wybodaeth am Cambria Heini neu i ddod yn Arweinydd Dibynadwy.



COLEG
CAMBRIA

 @ActiveCambria