

AUTUMN TIMETABLE

Deeside/D6th

Day	12.10pm - 1pm Sportshall/Athletics Centre	12.15pm - 12.45pm Lifestyle fitness	After College
Monday	• Badminton • D6th Gym confidence session 1pm until 2pm	• Fitness Pilates	• Staff running 4.45pm till 5.30pm • Netball 4pm till 4.45pm
Tuesday	• Trusted leader session	• Spin	
Wednesday	• Football	• Body pump	• New you, New start 4.45pm till 5.30pm
Thursday	• Multi sports	• Hyrox	
Friday	• Football		

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.



Scan the
code for
online
classes



Join the Active
Cambria classroom
mmjsfv



@activecambria

AMSERLEN YR HYDREF

Glannau Dyfrdwy /
Chweched Glannau
Dyfrdwy

Dydd	12.10pm - 1pm Neuadd Chwaraeon/ Canolfan Athletau	12.15pm - 12.45pm Lifestyle fitness	Ar ôl coleg
Dydd Llun	• Badminton • Sesiwn Hyder yn y Gampfa 6ed Glannau Dyfrdwy 1pm tan 2pm	• Pilates Ffitrwydd	• Sesiwn Rhedeg i Staff 4.45pm tan 5.30pm • Pêl-rwyd 4pm tan 4.45pm
Dydd Mawrth	• Sesiwn Arweinwyr Dibynadwy	• Sbin	
Dydd Mercher	• Pêl droed	• Body pump	• Dechrau o'r newydd gyda Cambria Heini. 4.45pm tan 5.30pm
Dydd Iau	• Aml chwaraeon	• Hyrox	
Dydd Gwener	• Pêl droed		

Mae ystafell Ffitrwydd G52 ar gael i staff a dosbarthiadau i chwarae tennis bwrdd, 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.



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



Ymunwch â'r
dosbarth Cambria
Heini **mmjsofv**



@activecambria

AUTUMN TIMETABLE

Yale/Bersham

Dydd	12.15pm - 1pm	4.15pm - 5pm
Monday	• Staff circuit/Techno gym	• Techno gym
Tuesday	• Techno gym	• Badminton • Pilates 4.45pm until 5.15pm
Wednesday	• PAL'S only Techno gym	• Techno gym • Staff Fitness 5pm until 5.30pm
Thursday	• Spin	• Techno gym

The Active room (H block) is available for staff and classes to use. 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.



Scan the
code for
online
classes



Join the Active
Cambria classroom
mmjsfv



@activecambria

AMSERLEN YR HYDREF

Iâl/Bersham

Dydd	12.15pm - 1pm	4.15pm-5pm
Dydd Llun	• TechnoGym/Cylched i staff	• TechnoGym
Dydd Mawrth	• TechnoGym	• Badminton • Pilates 4.45pm until 5.15pm
Dydd Mercher	• TechnoGym -PAL'S yn unig	• Techno gym • Aml ffitrwydd staff 5pm tan 5.30pm
Dydd Iau	• Sbin	• TechnoGym

Mae'r ystafell Ffitrwydd (Bloc H) ar gael i staff a dosbarthiadau i'w defnyddio.
Anfonwch e-bost at cambriaheini@cambria.ac.uk i gadw lle.

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

Gall staff ddefnyddio'r TechnoGym 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'N UNIGOL. Mae angen i'r holl staff a myfyrwyr gael sesiwn ymsefydlu, felly anfonwch e-bost at cambriaheini@cambria.ac.uk i drefnu sesiwn.



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



Ymunwch â'r
dosbarth Cambria
Heini **mmjsofv**



@activecambria



AUTUMN TIMETABLE

Northop

Day	Activity	Activity
Monday	Multi sports 12pm until 1.30pm	
Wednesday		Staff session 4.45pm until 5.15pm
Friday	Multi sports 12pm until 1.30pm	

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)



Scan the
code for
online
classes



Join the Active
Cambria classroom
mmjsofv



@activecambria



AMSERLEN YR HYDREF

Llaneurgain

Dydd	Gweithgareddau	Gweithgareddau
Dydd Llun	Aml chwaraeon 12pm tan 1.30pm	
Dydd Mercher		Sesiwn Ffitrwydd i Staff 4.45pm tan 5.30pm
Dydd Gwener	Aml chwaraeon 12pm tan 1.30pm	

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 laniardiau i mewn wrth gymryd offer allan).



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



Ymunwch â'r
dosbarth Cambria
Heini **mmjsofv**



@activecambria

AUTUMN TIMETABLE

Llysfasi

Day	12pm till 1pm	3.45pm till 4.30pm
Tuesday	• Multi sports	• Active Gym session • Online Pilates 4.45pm until 5.15pm until
Thursday	• Gym	• Gym (4pm-4.30pm)

Football, table tennis equipment and basketballs can be provided by progress coaches, active staff or library staff. You need to have an induction for the gym. Email Activecambria.ac.uk for one.



Scan the
code for
online
classes



Join the Active
Cambria classroom
mmjsofv



@activecambria

AMSERLEN YR HYDREF

Llysfasi

Diwrnod	12pm tan 1pm	3.45pm tan 4.30pm
Dydd Mawrth	• Aml chwaraeon	• Sesiwn Active Gym • Pilates Ar-lein 4.45pm tan 5.15pm
Dydd Iau	• Campfa	• Campfa (4pm-4.30pm)

Gall anogwyr cynnydd, staff Cambria Heini neu staff y llyfrgell ddarparu cyfarpar pêl-droed, tennis bwrdd a phêl-fasged

Mae angen i'r holl staff gael sesiwn ymsefydlu, felly anfonwch e-bost at cambriaheini@cambria.ac.uk i drefnu sesiwn.



Sganiwch y cod
ar gyfer
dosbarthiadau
ar-lein



Ymunwch â'r
dosbarth Cambria
Heini mmjsofv



@activecambria