



Canolfan Chwaraeon yr Hôb – clybiau

| Date | Time | Activity |
|---------|-----------------|----------------------------|
| Llun | 5.30pm – 6.30pm | Pêl-droed 5/9 oed |
| | 5.30pm – 6.30pm | Busybodies Dawnsio Modern |
| | 7.30pm – 8.30pm | Aerobeg |
| Mawrth | 7.00pm - 8.00pm | Boxercise |
| Mercher | 6.30pm - 8.30pm | Clwb Badminton (ieuenctid) |
| | 6.30pm - 7.30pm | Tae Kwon Do (ieuenctid) |
| | 7.30pm - 8.30pm | Tae Kwon Do (oedolion) |
| Iau | 7.00pm - 8.00pm | Boxercise |
| | 7.30pm - 8.30pm | Clwb pel-rwyd |
| Gwener | 7.30pm – 9.00pm | Volleyball |
| Sadwrn | 4.00pm – 5.00pm | Boxercise |
| Sul | 1.00pm - 3.00pm | Clinton Boyd (Ysgol) |
| | 4.00pm – 5.00pm | Tae Kwon Do |