



Canolfan Hamdden Bwcle - Clybiau

Dydd	Gweithgaredd	Amser	
Dydd Llun	Clyb Campfa i fechgyn Clyb Campfa i ferched Tai Boxing Clyb Badminton Clyb Bocsio	5.30pm - 7.30pm 5.45pm – 7.45pm 7.00pm - 8.00pm 8.00pm – 10.00pm 8.00pm – 9.00pm	Campfa fechgyn Campfa ferched M.A.R Main Hall Campfa ferched
Dydd Mawrth	Clyb Campfa i ferched Clyb Campfa i fechgyn Jujitsu Oedolion	6.00pm – 7.45pm 5.30pm – 7.30pm 8.00pm – 9.00pm	Campfa ferched Campfa fechgyn Campfa ferched
Dydd Mercher	Clyb Campfa i ferched Jujitsu (ieuenctid) Jujitsu Oedolion Clyb Bocsio	6.00pm - 8.00pm 6.00pm – 7.00pm 7.00pm - 8.00pm 8.00pm – 9.00pm	Campfa ferched Campfa fechgyn M.A.R Campfa ferched
Dydd Iau	Clyb Campfa i ferched Jujitsu	5.00pm – 6.30pm 6.00pm - 7.00pm	Campfa ferched Campfa fechgyn
Dydd Gwerner	Dansio Badminton ieuenctid Clyb Campfa i ferched	3.45pm - 6.15pm 5.00pm – 6.30pm 6.00pm – 9.00pm	Pwll Campfa fechgyn Campfa ferched
Dydd Sadwrn	Clyb Campfa i fechgyn Clyb Campfa i ferched	9.00am – 1.30pm 10.00am – 5.00pm	Campfa fechgyn Campfa ferched

Os hoffech ragor o wybodaeth ffoniwch Ganolfan Hamdden Bwcle: 01244 544469