Amserlen Medi

	Wythnos 1	Wythnos 2	Wythnos 3	Wythnos 4	Wythnos 5
DYDD LLUN		6ed 6:15 Dawns I Bawb	13eg 6:15 Dawns I Bawb	20fed 6:15 Dawns I Bawb	27ain 6:15 Dawns I Bawb
DYDD MAWRTH		7fed 10.30 y.b Clwb Cerdded Dolgellau	14eg 10.30 y.b Clwb Cerdded Ffestiniog 7.00y.h Cor Makaton	21ain 10.30 y.b Clwb Cerdded Dolgellau	28ain 10.30 y.b Clwb Cerdded Ffestiniog 7.00y.h Cor Makaton
DYDD MERCHER	1af 10.00y.b Bingo a Sgwrs 12.30-3.30- Clwb Cerdded Arfon 5.30 y.p Yoga gyda Angharad o Llonydd	8fed 10.00 y.b Bingo a Sgwrs 5.30 y.p Yoga	15fed 10.00 y.b Bingo a Sgwrs 12.30-3.30 - Clwb Cerdded Arfon 5.30 y.p Yoga	22ain 10.00 y.b Bingo a Sgwrs	29ain 10.00y.b Bingo a Sgwrs 12.30-3.30 - Clwb Cerdded Arfon 5.30 y.p Yoga
DYDD IAU	2il 10.00 y.b - Clwb Garddio Arfon 2.00 y.p - Cwis 6.00 y.h Clwb Celf Enfys - Elencelf	9fed 10.00 y.b - Clwb Garddio Arfon 2.00 y.p -Cwis 6.00 y.h Clwb Enfys	16eg 10.00 y.b - Clwb Garddio Arfon 2.00 y.p - Cwis 6.00 y.h Clwb Enfys	23ain 10.00 y.b Clwb Garddio Arfon 2.00 y.p - Cwis 6.00 y.h Clwb Enfys	30ain 10.00 y.b Clwb Garddio Arfon 2.00 y.p - Cwis 6.00 y.h Clwb Enfys
DYDD GWENER	3ydd 10-12 - Beicio 2-3 - Pel-droed	10fed 10-12 - Beicio 2-3 - Pel-droed	17eg 10-12 - Beicio 2-3 - Pel-droed	24ain 2-3 - Pel-droed	31ain 6:00yh Disgo / Karaoke

September Timetable

	Week1	Week 2	Week 3	Week 4	Week 5
MONDAY		6th 6:30 pm Dance with Lauren Dawns I Bawb	13th 6:30 pm Dance	20th 6:30 pm Dance	27th 6:30pm Dance
TUESDAY		7th 10.30 am Dolgellau walking club	14th 10.30 am Ffestiniog walking club 7.00 pm Makaton choir Lleisiau Llawen	21st 10.30am Dolgellau walking group	28th 10.30 am Ffestiniog walking group 7.00 pm Makaton choir
WEDNESDAY	1st 10.00 am Bingo & Chat 12.30-3.30 - Arfon walking group 5.30 pm Yoga	8th 10.00 am Bingo & chat 5.30 pm Yoga with Angharad from Llonydd	15th 10.00 am Bingo & chat 12.30-3.30 - Arfon walking group 5.30 pm Yoga	22nd 10.00 am Bingo & chat	29th 10.00 am Bingo & chat 12.30-3.30 - Arfon walking group 5.30 pm Yoga
THURSDAY	2nd 10 am Arfon Gardening club 2 pm - Quiz 6 pm Art with Elen Clwb Enfys	9th 10 am Arfon Gardening club 2 pm - Quiz 6 pm Art with Elencelf	16th 10 am Arfon Gardening club 2 pm - Quiz 6 pm Art with Elen	23rd 10 am Arfon Gardening club 2 pm - Quiz 6 pm Art with Elen	30th 10 am Arfon Gardening club 2 pm - Quiz 6 pm Art with Elen
FRIDAY	3ydd 10-12 - Cycling 2-3 - Fooball	10th 10-12 - Cycling 2-3 - Fooball	17th 10-12 - Cycling 2-3 - Fooball	24th 2-3 - Fooball	31st 6:00- Disco / Karaoke