Amserlen Hydref

	Wythnos 1	Wythnos 2	Wythnos 3	Wythnos 4	Wythnos 5
DYDD LLUN		4ydd 6:15 Dawnsio gyda Lauren o Dawns I Bawb	11eg 6:15 Dawns I Bawb	18eg 6:15 Dawns I Bawb	25ain 6:15 Dawns I Bawb
DYDD MAWRTH		5ed 10.30 y.b Clwb Cerdded Dolgellau	12eg 10.30 y.b Clwb Cerdded Ffestiniog 7.00y.h Cor Makaton	19eg 10.30 y.b Clwb Cerdded Dolgellau 	26ain 10.30 y.b Clwb Cerdded Ffestiniog 7.00y.h Cor Makaton
DYDD MERCHER		6ed 10.00 y.b Bingo a Sgwrs 5.30 y.p Yoga 	13eg 10.00 y.b Bingo a Sgwrs 12.30-3.30 - Clwb Cerdded Arfon 5.30 y.p Yoga	20fed 10.00 y.b Bingo a Sgwrs 5.30 - Yoga	27ain 10.00y.b Bingo a Sgwrs 12.30-3.30 - Clwb Cerdded Arfon 5.30 y.p Yoga
DYDD IAU		7fed 2.00 y.p -Cwis 6.00 y.h Clwb Enfys gyda Elen celf	14eg 2.00 y.p - Cwis 6.00 y.h Clwb Enfys gyda Elen celf 	21ain 12.00 y.p - Cwis 6.00 y.h Clwb Enfys gyda Elen celf	28ain 2.00 y.p - Cwis 6.00 y.h Clwb Enfys gyda Elen celf
DYDD GWENER	1af 10-12 - Beicio 2-3 - Pel-droed. 6-8 - DISGO!	8fed 10-12 - Beicio 2-3 - Pel-droed 	15fed 2-3 - Pel-droed	22ain 2-3 - Pel-droed	29ain 2-3 - Pel-droed 6-8 - DISGO!

September Timetable

	Week1	Week 2	Week 3	Week 4	Week 5
MONDAY		4th 6:15 pm Dance with Lauren Dawns I Bawb	11th 6:15 pm Dance - Dawns I Bawb	18th 6:15 p m Dance - Daawns I Bawb	25th 6:15 pm Dance with Dawns I Bawb
TUESDAY		5th 10.30 am Dolgellau walking club	12th 10.30 am Ffestiniog walking club 7.00 pm Makaton choir	19th 10.30 am Dolgellau walking club 	26th 10.30 am Ffestiniog walking group 7.00 pm Makaton choir
WEDNESDAY		6th 10.00 am Bingo & chat 5.30 pm Yoga with Angharad from Llonydd	13th 10.00 am Bingo & chat 12.30-3.30 - Arfon walking group 5.30 pm Yoga 	20th 10.00 am Bingo & chat 5.30pm - Yoga	27th 10.00 am Bingo & chat 12.30-3.30 - Arfon walking group 5.30 pm Yoga
THURSDAY		7th 2 pm - Quiz 6 pm Art with Elencelf	14th 2 pm - Quiz 6 pm Art with Elen 	21st 2 pm - Quiz 6 pm Art with Elen	28th 2 pm - Quiz 6 pm Art with Elen
FRIDAY	1st 2-3 - Fooball 6-8 - DISCO!	8th 10-12 - Cycling 2-3 - Fooball	15th 2-3 - Fooball 	23rd 2-3 - Fooball	29th 2-3 - Football 6-8 - DISCO!