

Sesiynau Blas 26' | Taster Sessions 26'

Club	Day	Time	Location
American Football	Friday, Sept 25th	16:00-18:00	Ffridd grass pitch
	Sunday, Sept 27th	14:00-16:00	Ffridd grass pitch
Archery	Sunday, Sept 27th	12:00-15:00	NS Sports Hall
Athletics	Tuesday, Sept 22nd	19:00-21:00	Treborth Track
	Thursday, Sept 24th	19:00-21:00	Treborth Track
Badminton	Saturday, Sept 26th	15:00-18:00	CB Hall 1
	Sunday, Sept 27th	10:00-13:00	CB Hall 1
Boxing	Thursday	16:00-18:00	NS Gym 2
Cheerleading	Friday, Sept 25th	18:00-20:00	NS Sports Hall
	Saturday, Sept 26th	12:00-14:00	NS Sports Hall
	Sunday, Sept 27th	15:00-17:00	NS Sports Hall
Dodgeball	Sunday, Sept 27th	14:30-16:30	CB Hall 2
	Friday, Sept 25th	15:00-17:00	CB Hall 1
Fencing	Saturday, Sept 26th	13:00-17:00	NS Gym 2
Handball	Saturday, Sept 26th	13:00-15:00	CB Hall 1
Karate	Friday, Sept 25th	17:00-19:00	NS Gym 2
Lacrosse	Sunday, Sept 27th	12:00-14:00	Ffridd grass pitch
M Basketball	Saturday, Sept 26th	12:30-14:30	CB Hall 2
M Cricket	Friday, Sept 25th	14:00-16:00	CB Astro
M Football	Sunday Sept 27th	16:00-19:00	Treborth

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M Futsal	Saturday, Sept 26th	11:00-13:00	CB Hall 1
M Hockey	Thursday, Sept 24th	16:00-18:00	CB Astro
M Rugby Union	Wednesday, Sept 23rd	17:00-19:00	Treborth 3G
	Saturday, Sept 26th	14:00-15:00	Treborth 3G
Muai Thai	Thursday, Sept 24th	20:00-22:00	CB Studio 3
	Friday, Sept 25th	13:00-15:00	CB Studio 3
	Sunday (women only), Sept 27th	18:00-20:00	CB Studio 3
Netball	Friday, Sept 25th	12:00-15:00	CB Dome x2
Powerlifting	Saturday, Sept 26th	14:00-16:00	CB Platform 81
Rugby League	Friday, Sept 25th	14:00-16:00	Ffridd grass pitch
Swimming	Sunday 27th Sept	17:00 - 19:00	Bangor Pool
Squash	Saturday, Sept 26th	16:00-18:15	CB Squash courts x4
Table Tennis	Sunday, Sept 27th	17:00-19:00	CB Hall 1
Tennis	Friday, Sept 25th	17:00-19:00	CB Dome x2
	Saturday, Sept 26th	16:00-20:00	CB Dome x2
	Sunday, Sept 27th	12:00-16:00	CB Dome x2
Trampoline	Friday, Sept 25th	18:30-20:30	CB 1/2 Hall 2
	Sunday, Sept 27th	17:30-19:30	CB 1/2 Hall 2
Ultimate	Thursday, Sept 24th	16:00-18:00	Ffridd Grass Pitch

Club	Day	Time	Location
Volleyball	Saturday, Sept 26th	18:00-20:00	CB Hall 1
W Basketball	Saturday, Sept 26th	10:30-12:30	CB Hall 2
W Cricket	Thursday, Sept 24th	16:00-18:00	NS Sports Hall
W Football	Friday, Sept 25th	13:00-14:00	Ffridd Astro
W Futsal	Friday, Sept 25th	13:00-15:00	CB Hall 1
W Hockey	Friday, Sept 25th	16:00-18:00	Ffridd Astro
	Sunday, Sept 27th	14:00-16:00	Ffridd Astro
W Rugby Union	Monday, Sept 21st	18:00-19:00	Treborth 1/2 3G
	Wednesday, Sept 23rd	16:00-17:00	Treborth 3G
	Friday, Sept 25th	18:00-19:00	Ffridd grass pitch

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