

# LLYSFASI

## Autumn Term Programme

Llysfasi	Activity	Time	Location	Level
Monday	Gym	All day	Gym room	Gym experience
	Football / Basketball	All day	Cage	All levels
Tuesday	Gym	All day	Gym room	Gym experience
	Football / Basketball	All day	Cage	All levels
Wednesday	Gym	All day	Gym room	Gym experience
	Rugby	1pm - 3pm	Field	All levels
	Football / Basketball	All day	Cage	All levels
Thursday	Gym	All day	Gym room	Gym experience
	Pilates from 27th September for 6 weeks	12.15pm - 1pm	Gym room	All levels
	Football / Basketball	All day	Cage	All levels
Friday	Gym	All day	Gym room	Gym experience
	Football / Basketball	All day	Cage	All levels

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for more information or visit  
[www.cambria.ac.uk/cambria-life/active-cambria](http://www.cambria.ac.uk/cambria-life/active-cambria)



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