Gemau Cymru 2017
Amserlen/*Schedule*

Dydd Sadwrn / *Saturday* **24 Mehefin / *June***	**Dydd Gwener / *Friday*** **30 Mehefin / *June***	**Dydd Sadwrn / *Saturday*** **01 Gorffennaf / *July***	**Dydd Sul / *Sunday*** **02 Gorffennaf / *July***
Rhwyfo **10:00–14:00** *Rowing* Channel View Centre	**Codi Pwysau** **08:00–17:00** *Weightlifting* SWNC, Main Hall	**Gymnasteg** **MA: 09:00-13:00** *Gymnastics* **WA: 14:00-18:00** SWNC, Main Hall	**Gymnasteg** **Rhythmic:** 10:00-16:00 *Gymnastics* **Acro: 10:00-16:00** SWNC, Main Hall
	Canŵio **14:00–18:00** *Canoeing* Cardiff International White Water Centre	**Tenis Bwrdd** **09:00–17:00** *Table Tennis* SWNC, Jubilee Hall	**Treiathlon** **10:00–15:00** *Triathlon* Parc Bryn Bach,Tredegar
	Agoriad Swyddogol **17:00–18:00** *Official Opening* Cardiff International White Water Centre	**Jiwdo** **13:00-17:00** *Judo* Cardiff Central Youth Club	
		Hoci **09:00–17:00** *Hockey* Cardiff Metropolitan University	
		Pêl Rwyd **09:00–17:00** *Netball* Cardiff Metropolitan University	
		Athletau **10:00–18:30** *Athletics* Cardiff International Sports Stadium	

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