



Chwaraeon Bangor
Sport Bangor

Canolfan
Brailsford

ACTIVE STAFF CALENDAR 2022

*It's good
to keep
moving*



JANUARY
COUCH TO 5K

FEBRUARY
STRETCHING/
MOBILITY

MARCH
INTRODUCTION
TO OLYMPIC
WEIGHTLIFTING

APRIL
LUNCHTIME
WALKS

MAY
ARCHERY

JUNE
TENNIS

JULY
TREBORTH
GARDENS WALK

AUGUST
ROUNDERS

SEPTEMBER
MINDFULNESS

OCTOBER
3R'S TO FITNESS

NOVEMBER
BOXING

DECEMBER
XMAS CRUNCH

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#ChwaraeonBangorSport



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BANGOR
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