

ARDAL / AREA	DYDD / DAY	AMSER / TIME
Ynys Mon / Anglesey	Llun / Monday	10.30-11.30
	Llun / Monday	1.30-2.30
	Llun / Monday	6.30-7.30
Conwy, Sir Ddinbych, Flint / Conwy, Denbighshire, Flint	Iau / Thursday	1.00- 2.00
	Iau / Thursday	19.30-20.30
	Gwener / Friday	10.00-11.00
Conwy, Sir Ddinbych, Flint / Conwy, Denbighshire, Flint	Gwener / Friday	13.00-14.00
Wrecsam / Wrexham	Iau / Thursday	10.30-11.30
Gogledd Powys / North Powys	Llun / Monday	9.30-10.30
	Llun / Monday	13:15- 14.15
	Llun / Monday	18.30-19.30
De Powys / South Powys	Mercher / Wednesday	10:30 - 11:30
Gwynedd	Iau / Thursday	10:00-11:00
	Iau / Thursday	1:00-2:00
	Gwener / Friday	10.00-11.00
	Iau / Thursday	16:00 - 17:00
	Gwener / Friday	13.00-14.00
	Llun / Monday	10.30-11.30
	Llun / Monday	13.00-14.00
	Llun / Monday	19.00-20.00
	Mawrth / Tuesday	10.30-11.30
	Mawrth / Tuesday	13.00-14.00
	Mawrth / Tuesday	17.00-18.00
	Mawrth / Tuesday	19.00-20.00
	Mercher / Wednesday	10.30-11.30
	Mercher / Wednesday	13.00-14.00
Mercher / Wednesday	19.00-20.00	
Sir Benfro / Pembrokeshire	Mercher / Wednesday	13.30-14.30
	Mercher / Wednesday	19.00-20.00
	Iau / Thursday	10.30-11.30
	Iau / Thursday	13.30-14.30
	Iau / Thursday	17.00-18.00
Sir Gaerfyrddin / Carmarthenshire	Llun / Monday	10.00-11.00
	Llun / Monday	11.00-12.00
	Llun / Monday	13.30-14.30
	Mawrth / Tuesday	10.00-11.00
	Mawrth / Tuesday	11.00-12.00
	Mawrth / Tuesday	13.30-14.30
	Iau / Thursday	10.00-11.00
	Iau / Thursday	11.00-12.00
Iau / Thursday	13.30-14.30	
Ceredigion	Iau / Thursday	9.30-10.30
	Iau / Thursday	10.30-11.30
Merthyr	Mawrth / Tuesday	19.00-20.00
	Mercher / Wednesday	19.00-20.00
Caerffili a Thorfaen / Caerphilly & Torfaen	Mercher / Wednesday	13.15-14.15
	Mercher / Wednesday	19.30-20.30
Mynwy / Monmouthshire	Llun / Monday	19.00-20.00
	Mercher / Wednesday	19.00-20.00
	Gwener / Friday	10.00-11.00
	Gwener / Friday	11.30-12.30
Rhondda Cynon Taf	Iau / Thursday	10.30-11.30
	Iau / Thursday	13.00-14.00
	Iau / Thursday	19.00-20.00
Abertawe a Chastell Nedd a Phort Talbot / Swansea, Newport and Port Talbot	Mawrth / Tuesday	10.30-11.30
	Mawrth / Tuesday	13.15-14.15
	Mercher / Wednesday	10.30-11.30
	Mercher / Wednesday	13.15-14.15
	Iau / Thursday	10.30-11.30
	Iau / Thursday	13.15-14.15