

Wythnos 1 / Week 1

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	
1	7tg/Cy3 \$ABP (#RM5)	7g/Sc1 \$JMJ (#RM5)	7tg/Cy3 \$ABP (#RM5)	7g/Hu1 \$IJH (#RM5)	7g/It1 \$SLT (#RM5)	1
2	7tg/En3 \$JP (#RM5)	7tg/Pe3 \$IJH (#RM5)	7g/Mu1 \$JPD (#RM5)	7tg/En3 \$JP (#RM5)	7tg/Cy3 \$ABP (#RM5)	2
3	7g/Fr1 \$SG (#RM5)	7tg/Pe3 \$IJH (#RM5)	7g/Dt1 \$HD (#RM5)	7tg/Ma3 \$DO (#RM5)	7g/Sc1 \$JMJ (#RM5)	3
4	7g/Sc1 \$JMJ (#RM5)	7tg/Ma3 \$DO (#RM5)	7tg/Li3 \$JP (#RM5)	7g/Ar1 \$GE (#RM5)	7tg/Ma3 \$DO (#RM5)	4
5	7tg/Nu3 \$DO (#RM5)	7g/Hu1 \$IJH (#RM5)	7tg/En3 \$JP (#RM5)	7g/Hu1 \$IJH (#RM5)	7g/Fr1 \$SG (#RM5)	5
	Monday	Tuesday	Wednesday	Thursday	Friday	

Wythnos 2 / Week 2

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	
1	7g/Sc1 \$JMJ (#RM5)	7g/Hu1 \$IJH (#RM5)	7tg/Ma3 \$DO (#RM5)	7tg/Ma3 \$DO (#RM5)	7g/Sc1 \$JMJ (#RM5)	1
2	7tg/Li3 \$ABP (#RM5)	7g/Dt1 \$HD (#RM5)	7g/Hu1 \$IJH (#RM5)	7g/Hu1 \$IJH (#RM5)	7tg/Ma3 \$DO (#RM5)	2
3	7tg/En3 \$JP (#RM5)	7g/Sc1 \$JMJ (#RM5)	7tg/Cy3 \$ABP (#RM5)	7g/Fr1 \$SG (#RM5)	7tg/En3 \$JP (#RM5)	3
4	7tg/Cy3 \$ABP (#RM5)	7tg/Ga3 \$KR (#RM5)	7g/Dt1 \$HD (#RM5)	7g/Hu1 \$IJH (#RM5)	7g/Dr1 \$AMK (#RM5)	4
5	7g/Mu1 \$JPD (#RM5)	7tg/Ga3 \$KR (#RM5)	7tg/En3 \$JP (#RM5)	7tg/Cy3 \$ABP (#RM5)	7g/Ar1 \$GE (#RM5)	5
	Monday	Tuesday	Wednesday	Thursday	Friday	