

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 27/04/2024

Times for Tuesday 24 November



Time	Session	Facility	Level
6:40 am - 7:10 am	Seiclo dan do / Indoor Cycling	Stiwidio MyRide--MyRide Studio	all levels
9:30 am - 10:15 am	Stiwidio MyRide / MyRide Studio	Stiwidio MyRide--MyRide Studio	all levels
9:30 am - 10:15 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwidio--Studio	all levels
12:15 pm - 1:00 pm	Zumba / Zumba	Stiwidio--Studio	all levels
12:30 pm - 1:00 pm	Taith MyRide / MyRide Tour	Stiwidio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Stiwidio MyRide / MyRide Studio	Stiwidio MyRide--MyRide Studio	all levels
5:15 pm - 6:00 pm	Les Mills Body Attack/ Les Mills Body Attack	Stiwidio--Studio	all levels
6:00 pm - 6:55 pm	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Stiwidio MyRide--MyRide Studio	all levels
6:15 pm - 7:00 pm	Coesau, Penolau a Boliâu / Legs, Bums and Tums	Stiwidio--Studio	all levels
7:15 pm - 8:15 pm	Les Mills BodyJam / Les Mills BodyJam	Stiwidio--Studio	all levels
7:15 pm - 8:15 pm	Hyfforddwr MyRide / MyRide Coach	Stiwidio MyRide--MyRide Studio	all levels