

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 28/04/2024

Times for Saturday 5 December



Time	Session	Facility	Level
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio MyRide--MyRide Studio	all levels
10:30 am - 11:30 am	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio--Studio	all levels
11:00 am - 11:45 am	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
12:30 pm - 1:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels