

# group exercise programme

## Waterworld Leisure & Activity Centre

Accurate as of 27/04/2024

### Times for Sunday 6 December



Time	Session	Facility	Level
10:00 am - 11:00 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
10:15 am - 11:00 am	MyRide Byw / MyRide Live	Stiwdio MyRide--MyRide Studio	all levels
11:15 am - 12:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
12:30 pm - 1:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels