

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 06/05/2024

Times for Tuesday 21 September



| Time | Session | Facility | Level |
|---------------------|---|-------------------------------|------------|
| 6:40 am - 7:10 am | Seiclo dan do / Indoor Cycling | Stiwdio MyRide--MyRide Studio | all levels |
| 9:30 am - 10:15 am | Stiwdio MyRide / MyRide Studio | Stiwdio MyRide--MyRide Studio | all levels |
| 9:30 am - 10:15 am | Les Mills BodyBalance / Les Mills BodyBalance | Stiwdio--Studio | all levels |
| 11:15 am - 12:00 pm | Coesau, Penolau a Boliau / Legs, Bums and Tums | Stiwdio--Studio | all levels |
| 12:15 pm - 1:00 pm | Zumba / Zumba | Stiwdio--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 |
| 2:30 pm - 3:15 pm | Atal Cwypïadau / Falls Prevention | Stiwdio--Studio | 60+ |
| 5:15 pm - 6:00 pm | Les Mills Body Attack/ Les Mills Body Attack | Stiwdio--Studio | all levels |
| 6:00 pm - 6:55 pm | Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling | Stiwdio MyRide--MyRide Studio | all levels |
| 6:15 pm - 7:00 pm | Coesau, Penolau a Boliau / Legs, Bums and Tums | Stiwdio--Studio | all levels |
| 7:15 pm - 8:15 pm | Les Mills BodyJam / Les Mills BodyJam | Stiwdio--Studio | all levels |
| 7:15 pm - 8:15 pm | Hyfforddwr MyRide / MyRide Coach | Stiwdio MyRide--MyRide Studio | all levels |