

# group exercise programme

## Waterworld Leisure & Activity Centre

Accurate as of 25/04/2024

### Times for Wednesday 22 September



Time	Session	Facility	Level
6:40 am - 7:10 am	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Stiwidio MyRide--MyRide Studio	all levels
7:15 am - 7:45 am	Hyfforddiant Omnia / Omnia Train	Stiwidio--Studio	all levels
9:30 am - 10:15 am	Taith MyRide / MyRide Tour	Stiwidio MyRide--MyRide Studio	all levels
9:45 am - 10:45 am	Les Mills Body Attack/ Les Mills Body Attack	Stiwidio--Studio	all levels
11:00 am - 12:00 pm	Les Mills BodyBalance / Les Mills BodyBalance	Stiwidio--Studio	all levels
12:15 pm - 1:00 pm	Les Mills BodyPump / Les Mills BodyPump	Stiwidio--Studio	all levels
12:30 pm - 1:00 pm	Stiwidio MyRide / MyRide Studio	Stiwidio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Taith MyRide / MyRide Tour	Stiwidio MyRide--MyRide Studio	all levels
5:15 pm - 6:00 pm	Coesau, Penolau a Boliâu / Legs, Bums and Tums	Stiwidio--Studio	all levels
6:00 pm - 6:45 pm	MyRide Byw / MyRide Live	Stiwidio MyRide--MyRide Studio	all levels
6:10 pm - 6:55 pm	Les Mills BodyCombat / Les Mills BodyCombat	Stiwidio--Studio	all levels
7:05 pm - 8:05 pm	Les Mills BodyPump / Les Mills BodyPump	Stiwidio--Studio	all levels
7:15 pm - 8:00 pm	Taith MyRide / MyRide Tour	Stiwidio MyRide--MyRide Studio	all levels
7:30 pm - 8:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	all levels