

# group exercise programme

## Waterworld Leisure & Activity Centre

Accurate as of 25/04/2024

### Times for Thursday 23 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	Hyfforddwr MyRide / MyRide Coach	Stiwdio MyRide--MyRide Studio	all levels
9:30 am - 10:30 am	Les Mills BodyPump / Les Mills BodyPump	Stiwdio--Studio	all levels
12:15 pm - 1:00 pm	Zumba / Zumba	Stiwdio--Studio	all levels
12:15 pm - 1:00 pm	Locian yn y D_r / Aqua Jog	Prif pwll--Main pool	all levels
12:30 pm - 1:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
1:15 pm - 2:00 pm	Oedolion Egnïol / Active Adults	Stiwdio--Studio	60+
2:15 pm - 3:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
5:30 pm - 6:30 pm	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
6:45 pm - 7:45 pm	Les Mills BodyJam / Les Mills BodyJam	Stiwdio--Studio	all levels