

# group exercise programme

## Waterworld Leisure & Activity Centre

Accurate as of 19/04/2024

### Times for Thursday 18 April



Time	Session	Facility	Level
6:40 am - 7:10 am	Seiclo dan do / 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	Hyfforddwr MyRide / MyRide Coach	Stiwidio MyRide--MyRide Studio	all levels
9:30 am - 10:30 am	Les Mills BodyPump / Les Mills BodyPump	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	Zumba / Zumba	Stiwidio--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	Stiwidio MyRide--MyRide Studio	all levels
1:15 pm - 2:00 pm	Oedolion Egniöl / Active Adults	Stiwidio--Studio	60+
2:15 pm - 3:00 pm	Stiwidio MyRide / MyRide Studio	Stiwidio MyRide--MyRide Studio	all levels
2:30 pm - 3:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	all levels
3:00 pm - 3:30 pm	Seiclo dan do i ddechreuwr / Beginner Indoor Cycling	Stiwidio MyRide--MyRide Studio	beginner
5:30 pm - 6:20 pm	Taith MyRide / MyRide Tour	Stiwidio MyRide--MyRide Studio	
5:30 pm - 6:30 pm	Les Mills BodyBalance / Les Mills BodyBalance	Stiwidio--Studio	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
6:10 pm - 6:40 pm	Hyfforddiant Omnia / Omnia Train	Campfa--Gym	all levels
6:45 pm - 7:45 pm	Les Mills BodyJam / Les Mills BodyJam	Stiwidio--Studio	all levels
6:45 pm - 7:45 pm	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Stiwidio MyRide--MyRide Studio	