

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 02/05/2024

Times for Friday 19 April



Time	Session	Facility	Level
6:40 am - 7:10 am	MyRide Byw / MyRide Live	Stiwdio MyRide--MyRide Studio	all levels
7:15 am - 7:45 am	HIIT / HIIT	Stiwdio--Studio	all levels
9:00 am - 9:45 am	Les Mills BodyPump / Les Mills BodyPump	Stiwdio--Studio	all levels
9:50 am - 10:50 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
11:00 am - 12:00 pm	Coesau, Penolau a Boliâu / Legs, Bums and Tums	Stiwdio--Studio	all levels
12:15 pm - 1:00 pm	Cyflyru'r Corff i Gyd / Total Body Conditioning	Stiwdio--Studio	all levels
12:30 pm - 1:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
1:30 pm - 2:15 pm	Sesiwn 60+ / 60+ Session	Stiwdio--Studio	60+
2:15 pm - 3:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Cylchedau yn y D_r / Aqua Circuits	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	all levels
5:30 pm - 6:30 pm	Les Mills BodyPump / Les Mills BodyPump	Stiwdio--Studio	all levels
6:00 pm - 7:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
6:45 pm - 7:45 pm	Ioga / Yoga	Stiwdio--Studio	beginner
7:15 pm - 8:15 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels