

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 03/05/2024

Times for Sunday 21 April



Time	Session	Facility	Level
9:15 am - 9:45 am	Hyfforddiant Omnia / Omnia Train	Campfa--Gym	all levels
9:15 am - 10:00 am	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	
10:00 am - 11:00 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
10:15 am - 11:00 am	MyRide Byw / MyRide Live	Stiwdio MyRide--MyRide Studio	all levels
11:15 am - 12:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
11:15 am - 12:00 pm	Les Mills BodyCombat / Les Mills BodyCombat	Stiwdio--Studio	all levels
12:30 pm - 1:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels